



Meet Maven: Free virtual support for menopause.



We know menopause can sometimes feel isolating and hard to discuss. We're committed to prioritizing our team's well-being and providing support during this life stage.

Maven is the world's largest virtual clinic for women and families that provides around-the-clock support for menopause — and it's part of your health plan **at no cost**.

With Maven, you get free access to:

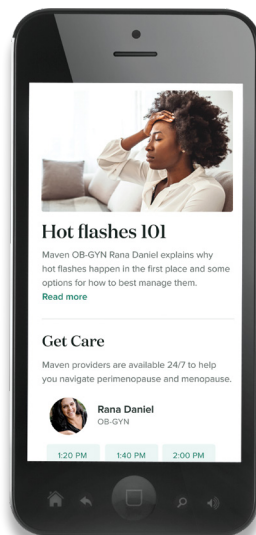
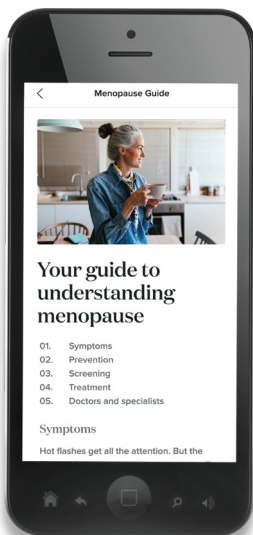
Unlimited video appointments and messaging with more than 35 types of doctors, specialists and coaches, including:*

- Mental health providers
- OB-GYNs
- Wellness coaches
- Naturopathic family physicians
- Physical support coaches
- Nutrition coaches

A **dedicated care advocate** who can help you find the right provider or coach for your unique needs and be a source of support throughout your journey.

Personalized, trustworthy resources such as expert-approved articles, provider-led classes like *Menopause 101*, and access to the Maven community to connect with others going through similar experiences or journeys.

If or when the menopause program applies to you or others on your health plan, it's ready to help at no cost.



*Maven providers and coaches are additional support resources; they don't replace in-person care or relationships with your current providers and care teams.

Maven is an independent company supporting Blue Cross Blue Shield of Michigan and Blue Care Network by providing family building and women's health support services. Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.