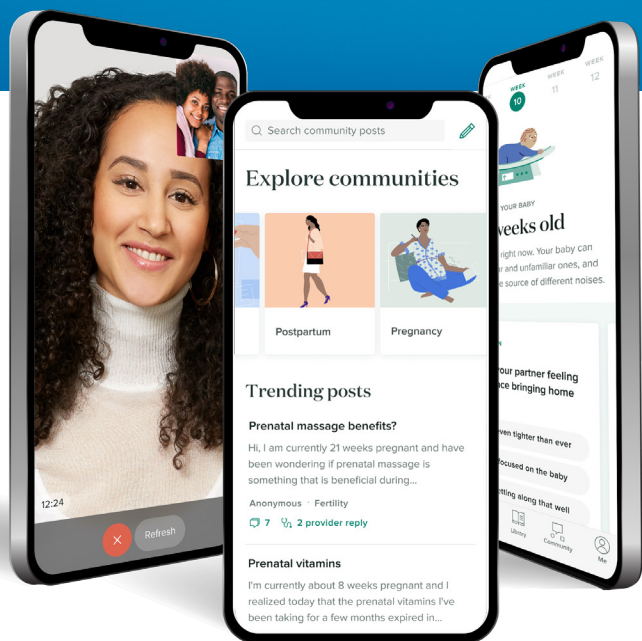




Maternity program

A 24/7 virtual program for pregnancy and postpartum.



Pregnancy is a journey.

We support you through it all.

As part of your health plan, you and your partner have access to this program through Maven to complement your in-person care.

There's **no cost** to you.

Scan this QR code to sign up for Maven.



From those sleepless nights to the first smiles and everything in between, you have the support resources you need, when you need them — even at 2 a.m. With Maven, you get:

- **A dedicated care advocate** who can:
 - Help you find the right provider or coach for your unique needs
 - Work with you to create a birth plan, plan for maternity leave and return to work
 - Be a source of personalized, one-on-one support throughout your journey
- **Trustworthy resources**, such as:
 - Clinically approved articles
 - Provider-led classes like *Infant CPR and Breastfeeding 101*
 - The Maven community to interact with others on similar journeys
- **Unlimited virtual appointments and messaging** with Maven providers and coaches from more than 35 specialties, including:
 - OB-GYNs
 - Midwives
 - Doulas
 - Lactation counselors
 - Infant sleep coaches
 - Mental health specialists
 - Physical support coaches
 - Nutrition coaches
 - Career coaches

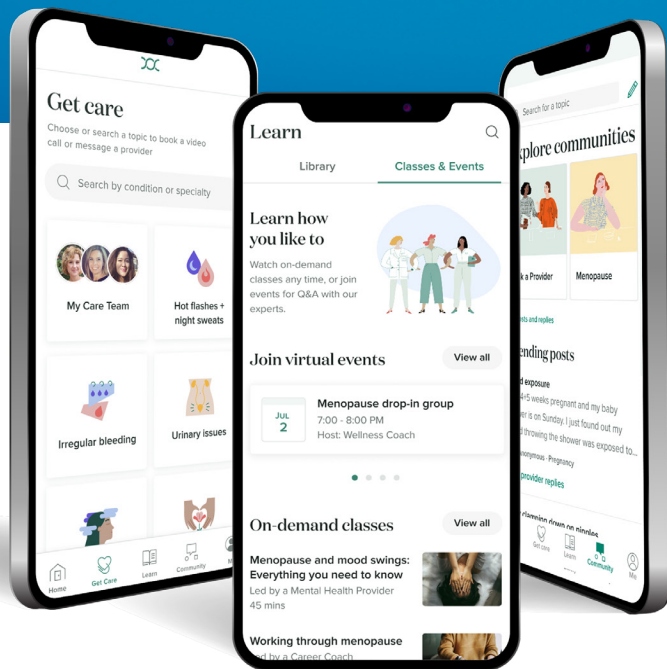
Maven is an independent company supporting Blue Cross Blue Shield of Michigan and Blue Care Network by providing family building and women's health support services.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.



Menopause program

A virtual program through Maven that provides personalized care navigation, clinical and emotional support, and education.



Making menopause more manageable

As part of your health plan, you have access to the Maven Menopause program at no cost. It includes 24/7 support from early menopause and perimenopause through menopause and postmenopause.

Scan this QR code to sign up for Maven.



Enroll in this program for instant access to expert advice and resources for physical and mental symptoms related to menopause, including:

- **A dedicated care advocate** who can:
 - Help you get answers to your biggest menopause questions
 - Recommend the best in-person care in your area
 - Be a source of personalized, one-on-one support
- **Trustworthy resources**, such as:
 - Clinically approved articles
 - Provider-led classes like *Menopause 101*
 - The Maven community to interact with others on similar journeys
- **Unlimited virtual appointments and messaging** with Maven providers and coaches from more than 35 specialties, including:
 - OB-GYNs
 - Nutritionists
 - Career coaches
 - Wellness coaches
 - Pelvic floor specialists
 - Mental health specialists

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