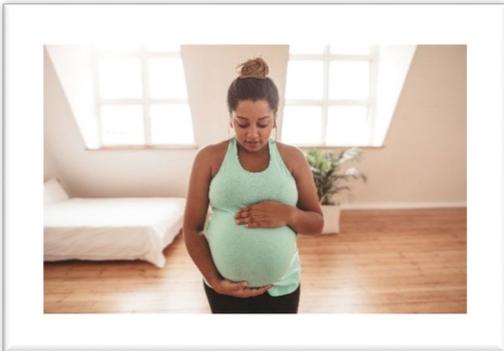
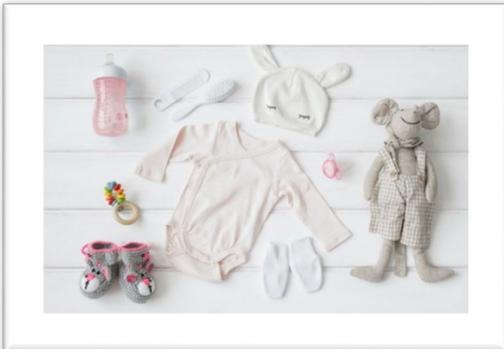


MAVEN



Sign up today to access:

- On-demand virtual appointments with Maven OB-GYNS, lactation consultants, doulas, mental health specialists, nutritionists, career coaches, and many more
- Your own Care Advocate who can help you find care, navigate your health benefits, find the right in-network providers, and more
- Expert resources including virtual classes, helpful articles, and community forums

To activate your membership: download the Maven Clinic app or visit blueshieldca.com/maven

You can also scan the QR Code!

What is Maven?

Maven offers 24/7 virtual access to one-on-one maternity and postpartum support. Blue Shield members who are expecting and their partners can get access to virtual care for pregnancy, postpartum, and returning to work after parental leave. Plus, they'll enjoy 24/7 access to Care advocates, specialists, and coaches – as well as content tailored to your experience.

How do I use Maven?

Download and log into the Maven Clinic app to access maternity and postpartum doctors, specialists, coaches, mental health experts, and so much more.

Get the Following Support at Every State of your Journey:

Pregnancy

- ✓ Midwives, OB-GYNs, Doulas
- ✓ Birth Planning
- ✓ Prenatal Nutritionists
- ✓ Mental Health Specialists
- ✓ Loss Support

Postpartum

- ✓ Infant Care Advice
- ✓ Pediatricians
- ✓ Lactation Counseling
- ✓ Infant Sleep Coach

Return to Work

- ✓ Emotional support
- ✓ Back-to-Work Support
- ✓ Career Coaching

