

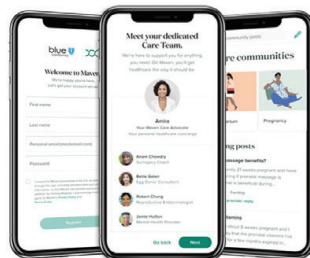
Virtual support for all paths to parenthood and beyond



Blue Shield of California and Maven are here to support your pregnancy journey every step of the way. With Maven, you and your partner can get access to virtual support for pregnancy, postpartum, and returning to work after parental leave. You'll enjoy 24/7 access to Care Advocates, specialists, mental health support, and content tailored to your experience.

Sign up today to access:

- **On-demand virtual appointments** with doulas, pediatricians, mental health specialists, career coaches, pelvic floor specialists, and more.
- **Your own Care Advocate** who can help you find support, navigate your health benefits, recommend the right in-network providers, and more.
- **Expert resources** including virtual classes, helpful articles, and community forums.



Get support for every stage of your journey:

Fertility and family building

- Reproductive endocrinologists
- IUI / IVF support
- Adoption and surrogacy coaches

Pregnancy and postpartum

- Midwives, OB-GYNs, doulas
- Prenatal nutritionists
- Pregnancy loss support

Parenting and pediatrics

- Pediatricians
- Back-to-work support
- Parent coaching

Menopause

- Mental health specialists
- Career coaches
- Pelvic floor therapists



Join now at no cost to you

Visit blueshieldca.com/maven to enroll

Maven Maternity is available to most Blue Shield members and their enrolled partners during pregnancy and 3 months postpartum. Additional programs of nine months or more in duration may be available based on your plan, and eligibility will be confirmed upon enrollment.

Maven is independent of Blue Shield of California and is contracted by Blue Shield to provide maternity benefits including care advocacy, virtual consultations, coaching, and education.

Maven is not intended to replace your in-person providers. Maven is a registered trademark of Maven Clinic Co. All rights reserved.

For more help and resources, visit blueshieldca.com or contact Member Services at the number on your member ID card. If you do not have your ID card, you can call (800) 393-6130 (TTY: 711).

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