

Around-the-clock guidance for you and your precious delivery

Maven provides 24/7 virtual support for those sleepless nights, first smiles – and everything in between.

Meet the digital support system for expectant and new parents

Maven is an app-based virtual clinic that provides you with pregnancy, postpartum and newborn support. It also gives you and your partner 24/7 access to a bundle of resources – all included in your health plan at $0 added cost.

Maven is here to help – get the app for support with:

- Creating your birth plan
- Breastfeeding and bottle-feeding
- Navigating infant sleep
- Returning to work
- Managing your mental health

Your Maven membership is included in your health plan

Scan this code to download the app

continued

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Join Maven, be part of a virtual community that cares

Here's what you can expect to find in the Maven Clinic app:



A dedicated Care Advocate

They're available to answer your questions and help guide your Maven experience

Virtual appointments and messaging

Connect by video or message with providers spanning over 35 specialties, from virtual doulas and lactation consultants to infant sleep coaches

On-demand classes, groups and articles

Learn about a variety of topics covering all stages of pregnancy and postpartum, like childbirth education and infant CPR

Start your Maven membership

Visit **mavenclinic.com/join/uhc-join**

Maven and Maven Wallet are products of Maven Clinic Co. Maven is an independent company contracted to provide family-building support including care advocacy, virtual coaching, and education. Maven does not provide medical care and is not intended to replace your in-person health care providers. Use of the services is subject to terms of service and privacy policy. Maven® is a registered trademark of Maven Clinic Co. All rights reserved.

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