



# Meet Maven. Free virtual support for family building, pregnancy, parenting, menopause, and midlife.

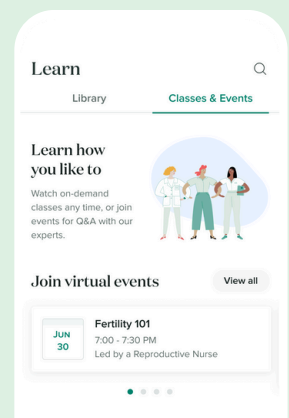
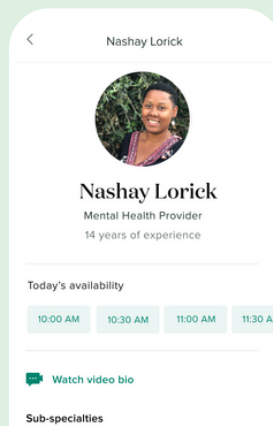
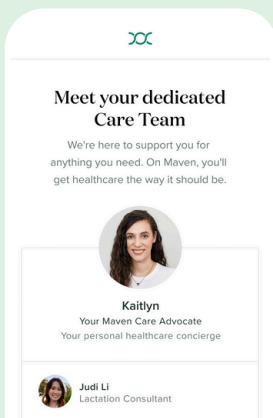
With Maven, you get personalized 24/7 care and guidance for your path to parenthood and beyond—when you need it, how you need it (yep, even at 2am).

## Here's what you and your partner get with Maven:





**24/7 personalized support** from a dedicated Care Advocate

**Virtual appointments and messaging** with providers—anytime day or night

**On-demand classes, groups, and articles** for expert guidance you can trust



## At Maven, we're with you every step of the way

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|  <p><b>From starting a family</b></p> <ul style="list-style-type: none"> <li>Thinking about planning your family</li> <li>Exploring fertility treatments (IUI, IVF and egg freezing)</li> <li>Choosing a surrogacy or adoption agency</li> <li>Managing your mental health</li> </ul> |  <p><b>to having a child</b></p> <ul style="list-style-type: none"> <li>Creating your birth plan</li> <li>Breastfeeding or bottle feeding support</li> <li>Navigating infant sleep</li> <li>Free breast milk shipping</li> </ul> |  <p><b>to navigating parenthood</b></p> <ul style="list-style-type: none"> <li>Pediatric care</li> <li>Parent coaching</li> <li>Help finding the right childcare</li> <li>Developmental support</li> </ul> |  <p><b>to managing all stages of menopause and midlife</b></p> <ul style="list-style-type: none"> <li>Lifestyle changes to manage high blood pressure during midlife</li> <li>Understanding menopause treatment options</li> <li>Nutrition support</li> <li>Career coaching</li> </ul> |
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The best part? Syneos Health fully covers your Maven membership. This means no co-pays and no out-of-pocket costs for Maven appointments and resources. Seriously, no strings attached.

Scan the QR code to get started or go to [mavenclinic.com/join/takecare](https://mavenclinic.com/join/takecare) or download the Maven Clinic app.