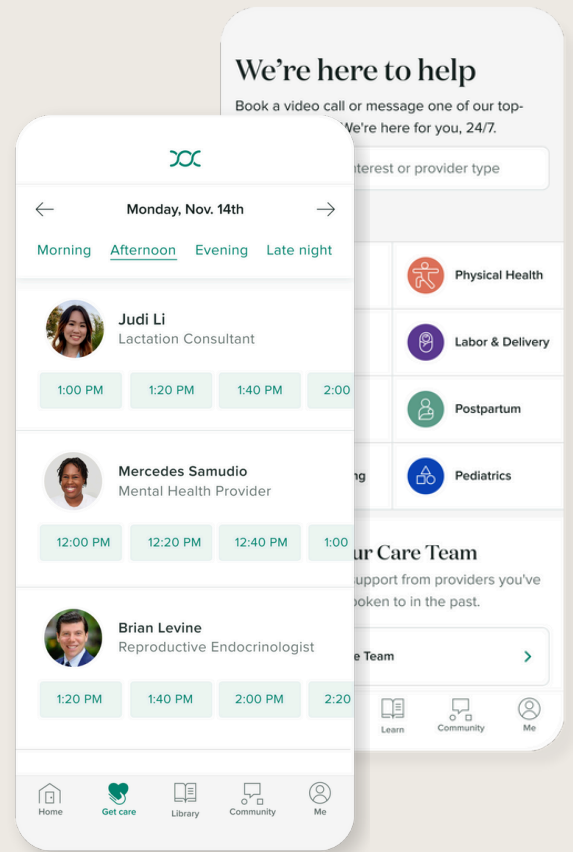




Meet Maven. Your free virtual clinic for your path to parenthood and beyond

Maven is your virtual clinic that lets you meet and message with 35+ provider types 24/7 (yep, even at 2am). Maven complements your in-person care so you can get your questions answered between appointments—saving you time and money with same-day access to specialists.

Starting **January 1st, 2025** you and your partner will have **free** access to Maven as your virtual health benefit for fertility and family building, pregnancy, postpartum, parenting, and menopause support.



Maven is with you every step of the way



From starting a family

- Trying to conceive
- Exploring fertility treatments (IUI, IVF and egg freezing)
- Choosing a surrogacy or adoption agency



To having a child

- Creating your birth plan
- Breastfeeding or bottle feeding support
- Navigating infant sleep



To navigating parenthood

- Pediatric specialists
- Parent coaching
- Developmental support



To managing menopause

- Managing symptoms
- Understanding treatment options
- Pelvic floor therapy
- Career coach



Everything on Maven, from appointments to on-demand classes, is **free** for you and your partner to use *(yes, seriously!)*.

Interested in signing up? Be the first to know when Maven is available by scanning the QR code or visiting mavenclinic.com/join/OE-24



IT'S TIME TO START THINKING ABOUT YOUR ANNUAL BENEFITS!

Make a positive, powerful change in your life

Sign up for Hinge Health, and be a movement person. Get virtual care to reduce everyday joint and muscle aches, recover from injury, and more.

Specialized care, personalized for you

- **1-on-1 support**
From a physical therapist or health coach.
- **A care plan**
Designed by your physical therapist for your everyday activities and busy life.
- **All costs covered**
You earned Hinge Health benefits through Syneos Health.
- **Starting January 1, 2025**
We will offer a new Pelvic Floor program – for pregnancy and postpartum care, to improve bladder control, and much more.

Sign up today.

Scan the QR code or visit:

hinge.health/syneoshealth-oe



Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed above, do not proceed.



Hinge Health is a 100% employer-paid benefit available to Syneos Health employees, spouses and their dependents age 18+ who are enrolled in a Syneos Health medical plan at the time of program registration. If you are no longer enrolled in the Syneos Health medical plan and are currently registered for Hinge Health, access to your health coach and physical therapist will continue for 6 additional months after your coverage ends. You will still have access to the Hinge Health app and previously prescribed exercises indefinitely so that you can stay on track with your pain management. Visit our Hinge Health website, hinge.health/syneoshealth, or email hello@hingehealth.com with any questions.

Aetna has partnered with Hinge Health to provide services that are included in the Aetna Back and Joint Care Program. This program does not replace formal physical therapy in office prior to surgery. Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna).