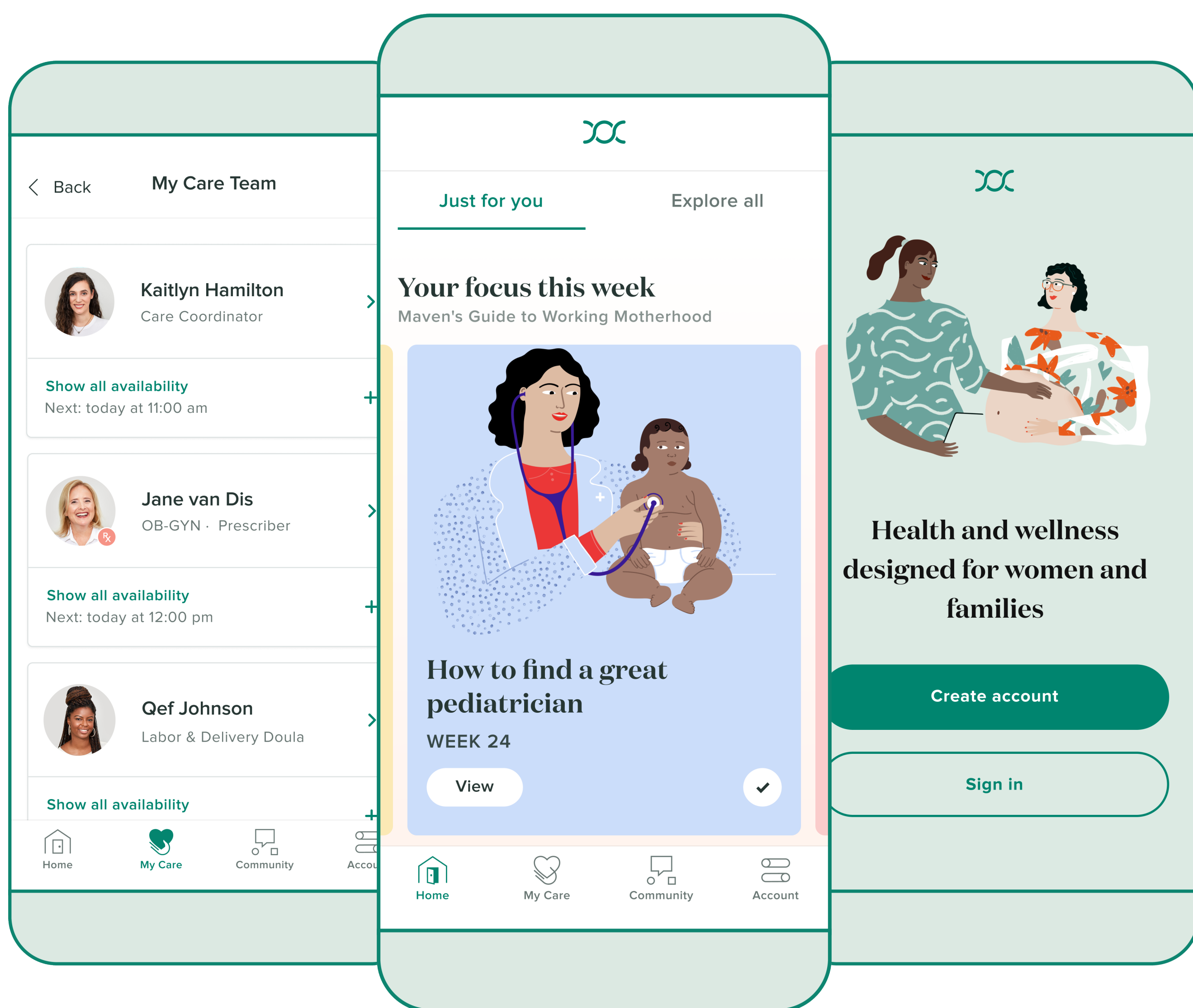


Your Personal Guide to Parenthood

APWU Health Plan members and their covered dependents enrolled in the Consumer Driven Option have free access to virtual support through Maven for pregnancy, postpartum, returning to work after parental leave, and newborn support until your child's first birthday. Use Maven for 24/7 access to top-rated doctors, specialists, and coaches plus trustworthy content tailored to your experience.

Sign up for these free services:



- ✓ **Unlimited coaching and education** from over 30 specialties of women's and family health providers
- ✓ **Your own Care Advocate** who can help you find support, navigate your benefits, and understand your health bills
- ✓ **Personal referrals** to high-quality, in-person providers in your network
- ✓ **Supportive resources** including virtual classes, clinically based articles, and community forums

Support at every stage of your journey

PREGNANCY

- ✓ Midwives, Doulas, OB-GYNs, and more, on-demand
- ✓ Birth Planning
- ✓ Mental Health Specialists
- ✓ Loss Support

POSTPARTUM

- ✓ 12 Months of Postpartum and Newborn Support
- ✓ Physical Therapists, Pediatricians, Infant Sleep Coaches, and More
- ✓ Lactation Counseling

RETURNING TO WORK

- ✓ Parent and Career Coaching
- ✓ Childcare Navigation
- ✓ Community Support
- ✓ Parenthood Classes



mavenclinic.com/join/apwuhp

Download the Maven Clinic app to your iOS or Android device. For help, contact support@mavenclinic.com.

Your Maven benefit is effective as of 1/1/2023. Enrollment in Maven is confidential.