



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

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

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