

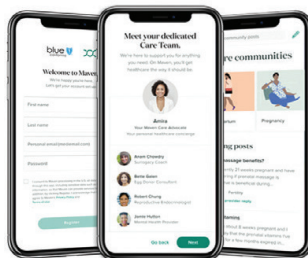
Virtual support for your menopause journey



Blue Shield of California and Maven are here to support you no matter where you are on your menopause journey. With Maven, you can get access to virtual support for menopause symptom management, treatment guidance and more. You'll enjoy 24/7 access to Care Advocates, specialists, mental health support, and content tailored to your experience.

Sign up today to access:

- **On-demand virtual appointments** with Maven OB-GYNs, pelvic floor physical therapists, mental health providers, career coaches, and more.
- **Your own Care Advocate** who can help you find support, navigate your health benefits, recommend the right in-network providers, and more.
- **Expert resources** including virtual classes, helpful articles and community forums.



Get mental health, clinical and other social support for every stage of your journey:

Perimenopause, Menopause, and Postmenopause

- Symptom management
- Career coaching
- Mental health support
- Treatment guidance
- Drop-in groups
- Menopause specialists



Join now at no cost to you

Visit blueshieldca.com/maven to enroll

Maven Maternity is available to most Blue Shield members and their enrolled partners during pregnancy and 3 months postpartum. Additional programs of 9 months or more in duration may be available based on your plan, and eligibility will be confirmed upon enrollment.

Maven is independent of Blue Shield of California and is contracted by Blue Shield to provide maternity benefits including care advocacy, virtual consultations, coaching, and education.

Maven is not intended to replace your in-person providers. Maven is a registered trademark of Maven Clinic Co. All rights reserved.

For more help and resources, visit blueshieldca.com or contact Member Services at the number on your member ID card. If you do not have your ID card, you can call (800) 393-6130 (TTY: 711).

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