

Maven Menopause & Midlife Health Support for Columbia University

● November 6, 2024

 MAVEN

 COLUMBIA UNIVERSITY
IN THE CITY OF NEW YORK

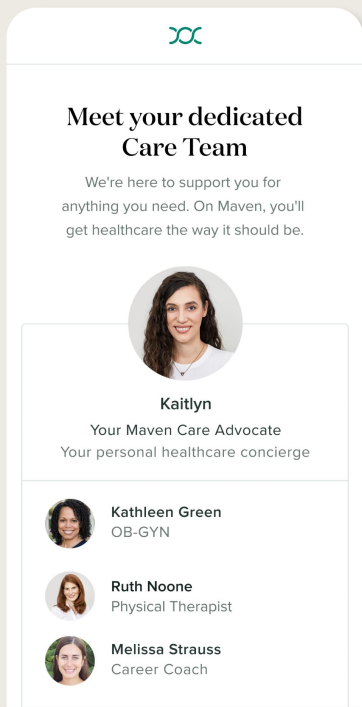


Maven is the world's
largest virtual clinic for
women and families.

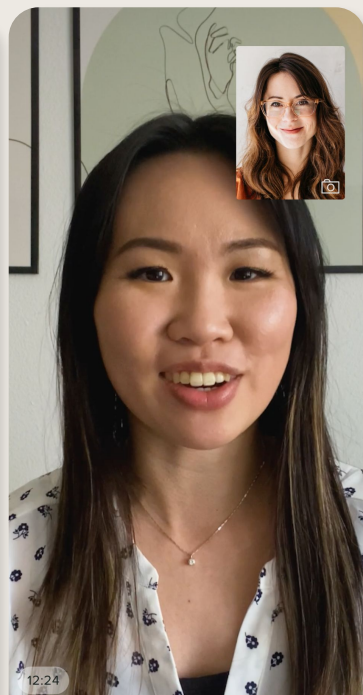
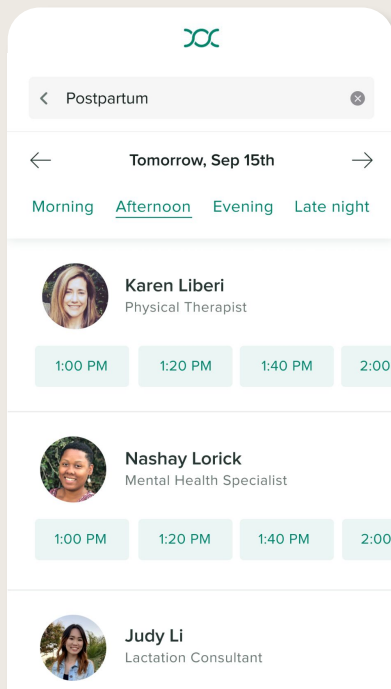


With Maven, every member has 24/7 access to:

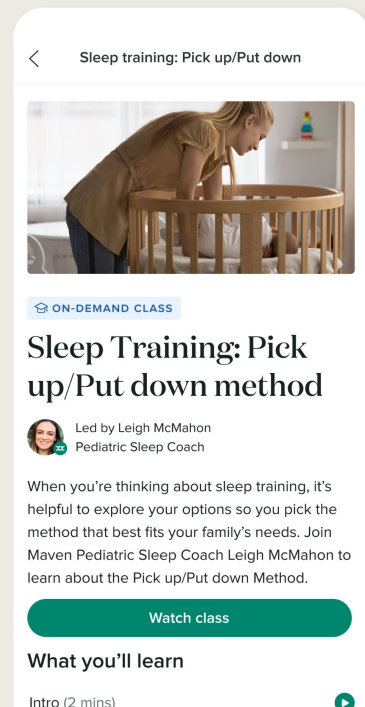
A personalized,
dedicated Care Advocate



Unlimited video appointments or messaging
with 35+ types of doctors, specialists and
coaches



On-demand classes, community
forums and expert-approved articles



The care advocate that everyone deserves.

Our Care Advocates are here to help you:

- Navigate the ups and downs of your family-health or family-building journey
- Build a personalized care team of providers based on your needs
- Find in-person providers and make referrals
- Understand your employer's healthcare benefits

Our Care Advocates are here for you day or night:

- **<1 hour** average response time, 24/7/365
- **<48 hours** turnaround time for in-person, in-network referrals

Meet Kaitlyn



Your Care Advocate

Hi, I'm Kaitlyn, your Care Advocate. Message me at any time for help with anything you need, including but not limited to:



Connecting you to the right specialists over video chat and messaging.



Get referrals to top in-person, in-network specialists in your area.



Get help navigating your company

24/7, on-demand access to virtual support

Your free Maven membership includes:

- Unlimited coaching and education through video appointments or messaging
- Access to a network of more than 35+ types of reproductive and family health providers available anytime day or night, including:
 - Mental Health Providers
 - Pelvic Floor Therapists
 - Nutritionists
 - OB-GYNs
 - Career Coaches
- Access to providers who speak 35+ languages—with Spanish, Hindi, French, German, Italian & Hebrew being most popular

“ I just felt a little more comfortable speaking with someone who was African American, because sometimes I feel like I’m trying to be an advocate for myself and it’s just still not working.

Maven Member




Expert-approved resources

Navigating your family-health or family-building journey can be overwhelming—find trusted support and guidance with our expert-approved library of resources—from classes to forums.

On-demand classes

< How to manage stress and anxiety



ON-DEMAND CLASS

How to manage stress and anxiety

Led by Kristen Routh
Mental Health Provider

Learn effective techniques to help you better manage stress and anxiety, from Mental Health Integrative Medicine Provider Kristen Routh.

Watch class


Live classes

Learn

Unselected Selected

Learn how you like to

Watch on-demand classes any time, or join events for Q&A with our experts.



Join virtual events [View all](#)

NOV 10 **Breastfeeding 101**
7:00 - 8:00 PM
Led by a Lactation Consultant

On-demand classes [View all](#)

Sleep training

Articles

< How to manage common...





ON-DEMAND CLASS

How to manage common menopause symptoms

Led by Jane Smith
Maven OB/GYN

Hot flashes, night sweats, mood

Community forums



Pediatrics & Parenting Fertility

My posts and replies

Trending posts

IVF Help

I'm starting the IVF process soon. Any advice on managing cost and resources available? Any feedback would be appreciated. It feels ove...

Anonymous · Fertility

3 1 provider reply

My 10 week old won't take a bottle

My 10 week old son won't take a bottle from his dad. We've tried so many times and come up with our poor baby in tears and my husband...

Shanon122387 · Pediatrics & Parenting

Menopause – an overlooked phase of life

1M

People are experiencing menopause each year in the U.S. alone¹

45%

Of menopausal people take sick days due to menopausal symptoms²

2/3

Of women with significant menopausal symptoms who seek care are left untreated³

<1 in 5

OB-GYN residents receive formal menopause training⁴



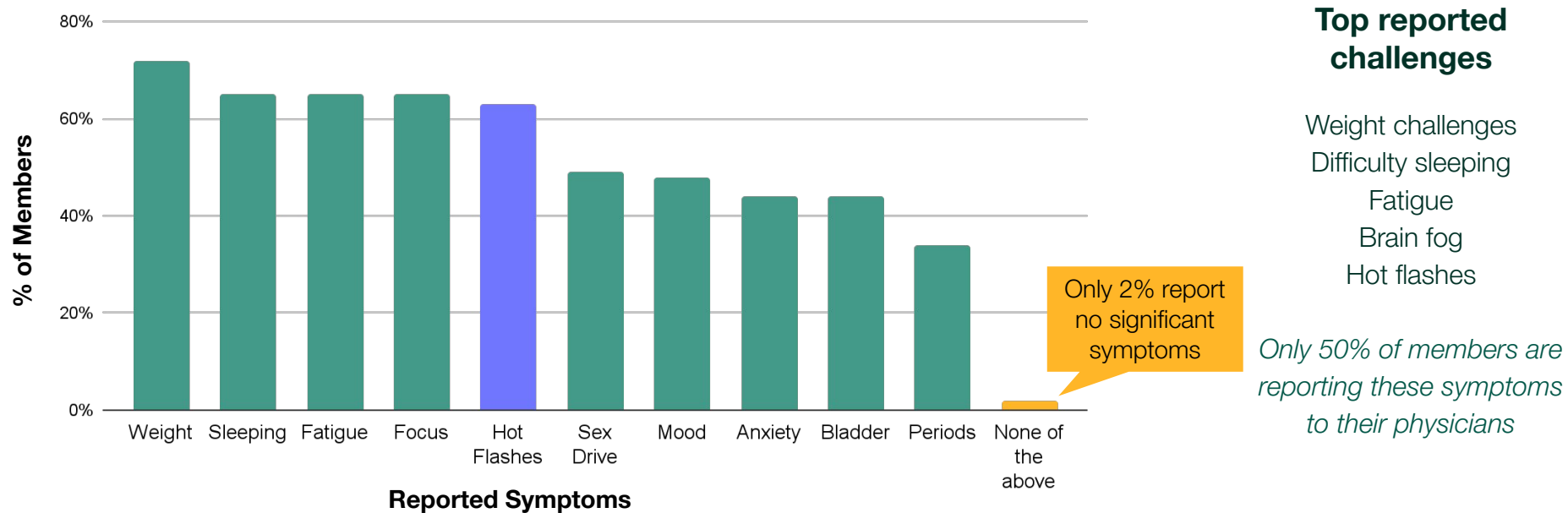
¹ [National Institute of Aging](#)

² [Study by Gennev](#)

³ [Yale University review of claims](#)

⁴ [John Hopkins University](#)

Menopause is more than just hot flashes—it's a complex journey with many phases and varied symptoms



Nearly all members report symptoms, yet few feel they can adequately manage them



81% want support in managing physical symptoms



87% want support in managing anxiety or depression



Only 16% agree they have the skills to manage their health during menopause

Maven's Menopause program provides holistic & specialized support through all stages

Virtual access to specialists who focus on the member's unique needs

Courtney Rawls

OB-GYN

12 years of experience

Care Team member

Today's Availability

1:00 PM 1:20 PM 1:40 PM 2:00 PM

Watch video bio

Sub-specialties

Menopause, Breathing techniques, Diabetes, Nutrition support, Digestive health, Disease prevention, Emotional

Referrals to company resources & in-person providers, personalized to each member

Kaitlyn Hamilton
Maven Care Advocate

These clinics have met Maven's success metrics for care and quality. You can also see Maven's partner clinics and get access to perks!

I will follow up to see if you were able to get an appointment and would be happy to chat if you have any questions.

Bea's OB-GYN
Clinic Referral List

Dr. Sydney Park, MD
Partner clinic

Dallas St. Mary's Obstetrics
12 W Jackson Blvd Suite 101
Dallas, TX 75001
(496) 521-3466

Appointment booked

Dr. Hailey Berkowitz, MD, PHD
Partner clinic

Women's Care of Dallas Medical Group
17001 Douglas Ave, #600
Dallas, TX 75325

Educational articles available on member dashboard & easily searchable

Menopause Guide

Your guide to understanding menopause

01. Symptoms
02. Prevention
03. Screening
04. Treatment
05. Doctors and specialists

Symptoms

Hot flashes get all the attention. But the symptoms of perimenopause can start off slowly and vary widely.

Drop-in groups Available for members to connect with others in this journey

Join a free virtual event

Our classes are led by Maven providers. Learn something new and ask questions!

OCT 2
Menopause drop-in group
with Rachel Brown

See details

Explore all classes & events

Maven classes on-demand

Watch Maven classes on your own schedule.

ON-DEMAND CLASS

Menopause 101

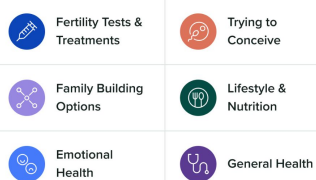
Led by Ericka Quezada-York, Midwife
1 hr 20 mins

We're here to help

Book a video call or message one of our top-rated providers. We're here for you, 24/7.

Search by interest or provider type

EXPLORE



Meet with your Care Team

Get personalized support from providers you've matched with or spoken to in the past.

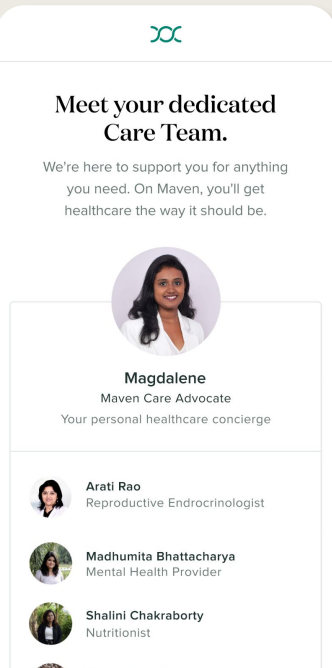
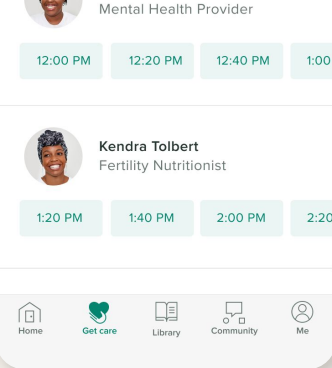
View Care Team >



< OB-GYN

Monday, Aug. 14th

Morning Afternoon Evening Late night



The best part?

Columbia University **fully** covers your Maven membership!

This means there are no co-pays or out-of-pocket costs for Maven visits or resources — everything in the app is free.

Any questions?

Free, **24/7** virtual support for
reproductive and family health

After 1/1/25 - register through the Maven Clinic
app or online: mavenclinic.com/join/columbia

Email additional questions to:
support@mavenclinic.com

Appendix

∞ MAVEN

Maven for Columbia University

24/7, free, and unlimited women & family health support for Columbia University employees enrolled in the UHC medical plan + their partners/spouses

Fertility & Family Building

Preconception Support Track

Fertility Treatment Support Track *(IUI & IVF)*

Adoption Support Track

Surrogacy Support Track

Expense management via **Maven Wallet***

*Maven Wallet for Adoption & Surrogacy is offered to full-time, regular benefits-eligible Officers and full-time, regular Non-Union Support Staff, on or after the first day of full-time employment.

Maternity & Newborn Care

21-Month Maternity Support Track

21-Month Partner Maternity Support Track

Miscarriage & Loss Support Track

Postpartum

Newborn support

Return-to-work coaching

Breast milk shipping via **Maven Milk** - *New as of 7/1/2024*

Menopause & Midlife Health

Perimenopause

Menopause

Postmenopause

Early Intervention

Symptom management

Coming 1/1/25!

Menopause & Midlife Health

The support you need with the convenience and compassion you deserve.

Get support with things like:

- Identifying early menopause and perimenopause symptoms
- Navigating menopause symptoms
- Managing your mental health, mood swings, and brain fog
- Understanding treatment options such as HRT
- Self-advocating for your needs
- Pelvic floor strengthening exercises
- Nutrition choices through menopause
- Career coaching



Top providers booked in the Menopause program include:

- OB-GYNs
- Nutritionists
- Mental Health Providers
- Wellness Coaches
- Naturopathic Family Physicians

Maven's Menopause & Midlife Health program also provides support for men's reproductive health and wellness



Reproductive Endocrinologist

Support managing hormonal changes and guidance prepping for in-person care or treatment.



Nutritionist

Guidance and recommendations on food and nutrition to support overall health and wellbeing.



Career Coach

Navigating professional development & transitions like parenting and return-to-work.



Physical Support Coach

Physical support and coaching for overall wellness, managing pain, improving mobility, and more.



Examples of Maven specialists with experience supporting men in midlife



Wellness Coach

Enacting sustainable lifestyle changes to support member goal achievement.



Sex Coach

Supporting individuals and couples to enhance their intimate relationships.



Mental Health Provider

Managing mood changes, anxiety, stress, depression, brain fog, and relationships.



Family Physician

Understanding illnesses or injuries, sharing advice for preventative care and maintaining a healthy lifestyle.