



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



mavenclinic.com/join/overview

We're on a mission to make healthcare work for all of us.



mavenclinic.com/join/overview



Maven programs



FERTILITY & FAMILY BUILDING

- Thinking about starting a family
- Exploring fertility treatments
- Choosing an adoption or surrogacy agency



MATERNITY & NEWBORN CARE

- Creating a birth plan
- Breastfeeding or bottle feeding
- Navigating infant sleep



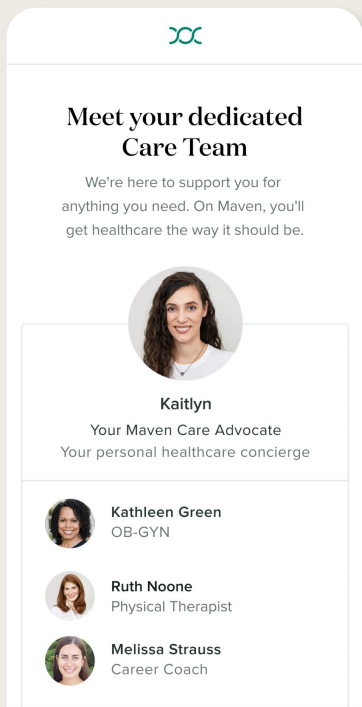
MENOPAUSE & ONGOING CARE

- Managing symptoms
- Understanding treatment options
- Pelvic floor therapy

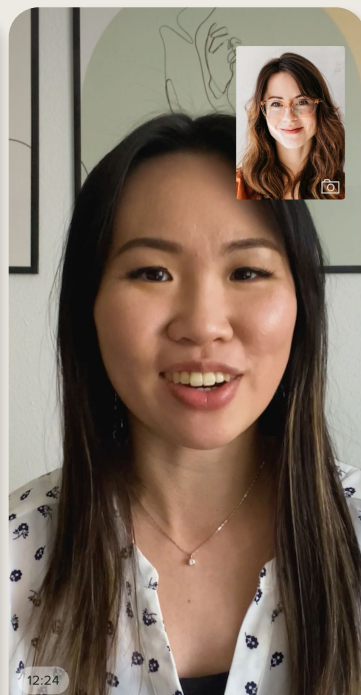
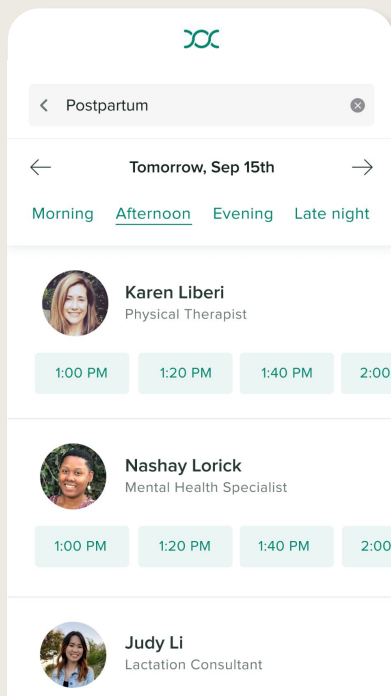


With Maven, every member has 24/7 access to:

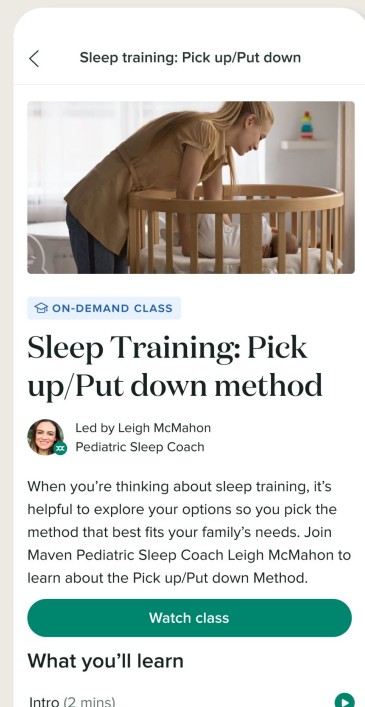
A personalized,
dedicated Care Advocate



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:

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

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



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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.

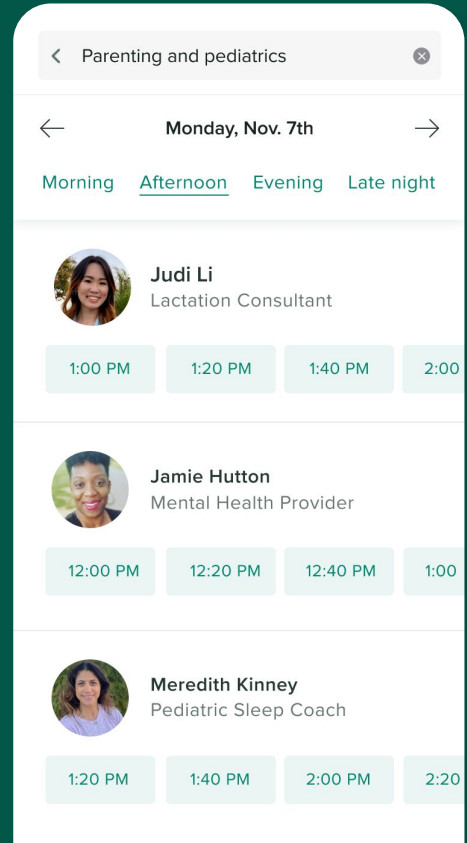


Get help navigating your company

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 850+ reproductive and family health providers available anytime day or night, including:
 - Mental health providers
 - Doulas
 - Nutritionists
 - OB-GYNs
 - Career coach
- Access to providers who speak 35+ languages—with Spanish, Hindi, French, German, Italian & Hebrew being most popular




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

9:41


< Community

Search community posts

Explore communities



Pediatrics & Parenting



Fertility

My posts and replies

Trending posts

IVF Help

I'm starting the IVF process soon. Any advice on

Fertility & Family Building

Support in the palm of your hand for every step of starting and growing your family

Get support with things like:

- Trying to conceive without treatment
- Tracking your cycle
- Managing PCOS while trying to conceive
- Expert advice & second opinions for fertility treatment plans
- Referrals to highly vetted in-person fertility clinics
- Navigating the adoption or surrogacy process
- Supporting your mental health



Top providers booked in the Fertility & Family Building program include:

- Reproductive Endocrinologists
- Fertility Awareness Educators
- Adoption & Surrogacy coaches
- Mental health providers
- Wellness coaches
- Career coaches



Maternity & Newborn Care

Free virtual support for those sleepless nights, first smiles, and everything in between.

Get support with things like:

- Childbirth education
- Creating a birth plan
- Postpartum recovery
- Breastfeeding, bottle feeding, and starting solids
- Navigating infant sleep
- Managing your mental health
- Returning to work
- Miscarriage and loss support



Top providers booked in the Maternity program include:

- Doulas
- Childbirth Educators
- OB-GYNs
- Mental Health Providers
- Lactation Consultants
- Birth Planning Specialists





Traveling for work? Get free breast milk shipping with Maven Milk

Maven Milk helps moms and new parents transition back to work and get breast milk home to baby—easily, reliably, and safely.

- Three convenient TSA approved travel kit options
- 24/7/365 access to lactation consultants
- In-app resources including a provider-led class on pumping



Menopause & Ongoing Care

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



Support for partners

Maven supports partners through the joys and challenges of parenthood.

Partners can use Maven to:

- Access resources to learn how to support their partner through fertility treatment or during pregnancy & postpartum
- Attend appointments together from home
- Take care of their mental health and manage stress and anxiety
- Manage work/life balance with a career coach
- Navigate newborn & pediatric care

Our Fertility and Maternity tracks have a special program built for their own experience.



Maven Wallet makes getting reimbursed easy!

Columbia offers Maven wallet to help you minimize your out-of-pocket expenses as they relate to adoption and surrogacy. It's easy to use and managed in the Maven app!

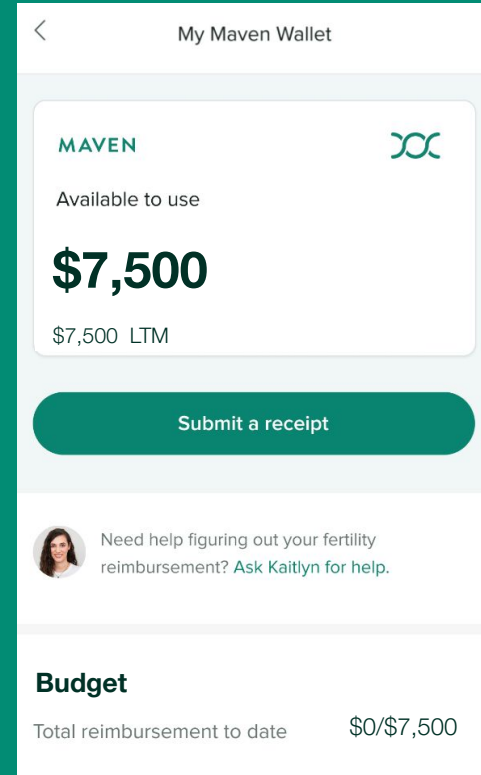
Use Maven wallet to get reimbursed for expenses like:

- Adoption (\$7,500 Lifetime Maximum)
- Surrogacy (\$30,000 Lifetime Maximum)

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.



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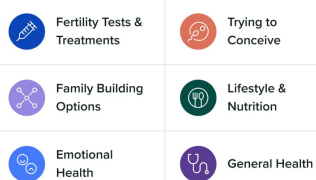


We're here to help

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.

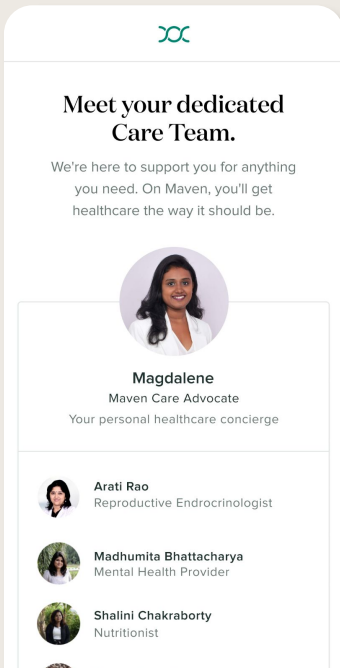
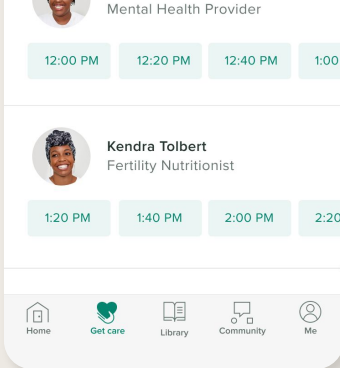
View Care Team >



< OB-GYN

Monday, Aug. 14th

Morning Afternoon Evening Late night



The best part?

Columbia **fully** covers your Maven membership!

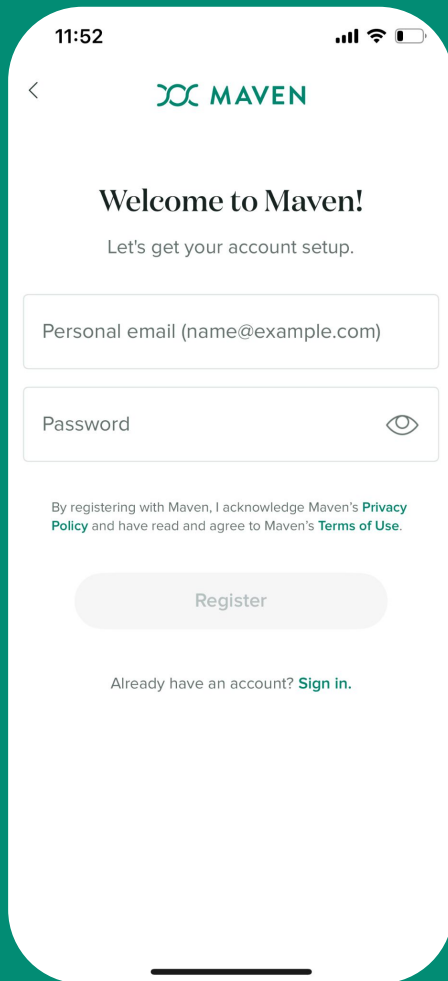
This means there are no co-pays or out-of-pocket costs for Maven visits or resources — everything in the app is free.

How to sign up for your free Maven membership



mavenclinic.com/join/overview





1. Create your free Maven account and get verified

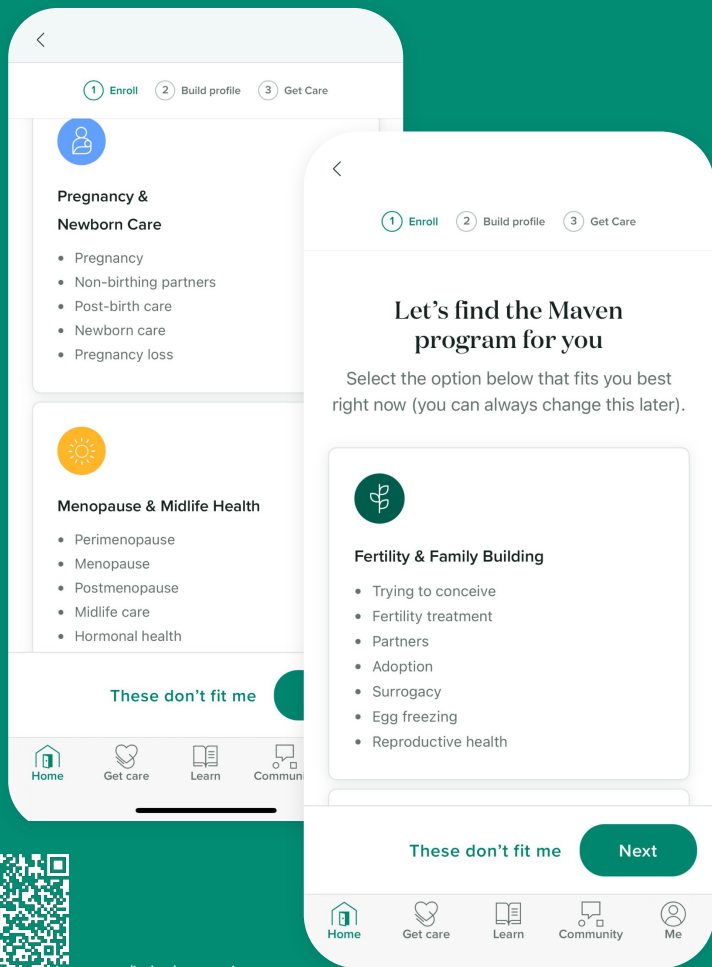
Go to mavenclinic.com/join/overview or register by downloading the Maven Clinic App.

Email support@mavenclinic.com if you need help signing up.



Maven





2. Choose a custom track that meets your and your partner's needs

Your partner will be prompted to use some of your information to validate their own membership when signing up.





3. Build your personal profile and get started today!

You can meet with your Care Advocate, message or visit with a provider, watch a class, or read an article right away.





Questions?



mavenclinic.com/join/overview

We're with you.



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