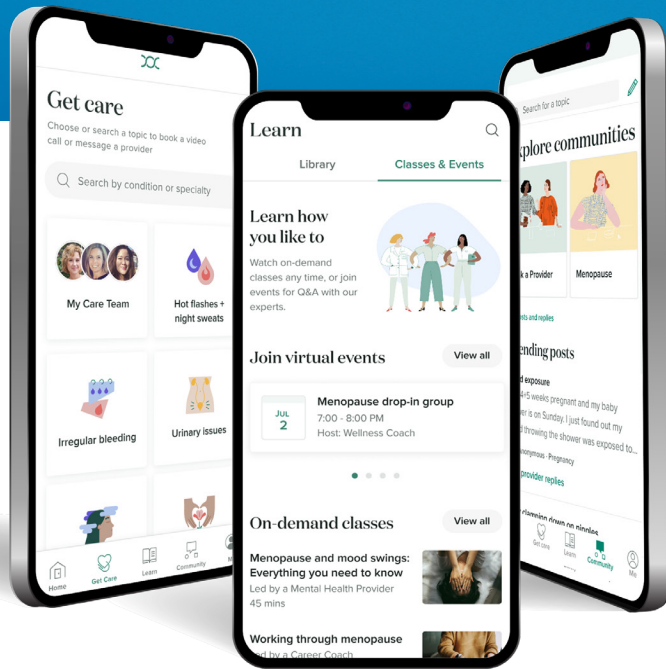




Menopause program

A virtual program through Maven that provides personalized care navigation, clinical and emotional support, and education



Making menopause more manageable

As part of your health plan, you have access to the Maven Menopause program at no cost. It includes 24/7 support from early menopause and perimenopause through menopause and postmenopause.

Scan this QR code to sign up for Maven.



Enroll in this program for instant access to expert advice and resources for physical and mental symptoms related to menopause, including:

- **A dedicated care advocate** who can:
 - Help you get answers to your biggest menopause questions
 - Recommend the best in-person care in your area
 - Be a source of personalized, one-on-one support
- **Trustworthy resources**, such as:
 - Clinically approved articles
 - Provider-led classes like *Menopause 101*
 - Drop-in groups
 - The Maven community to interact with others on similar journeys
- **Unlimited virtual appointments and messaging** with providers and coaches from more than 35 specialties, including:
 - OB-GYNs
 - Nutritionists
 - Career coaches
 - Wellness coaches
 - Pelvic floor specialists
 - Mental health specialists

Maven is an independent company supporting Blue Cross Blue Shield of Michigan and Blue Care Network by providing family building and women's health support services.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.