

Suggested newsletter or memo

## A menopause digital support program is part of your health plan at no cost

Menopause is an important part of a woman's health care journey. We're pleased to share that, as part of your [Blue Cross Blue Shield of Michigan] [Blue Care Network] health plan, you and your covered family members have access to a [menopause support program](#) through Maven.

The program is digital and provides instant access to expert advice and resources for anyone on your plan who's experiencing physical and mental health symptoms related to menopause. It supports early menopause and perimenopause through menopause and postmenopause.

It's ready to get started at **no cost**.

### Key features of this program

- **Connect with your personal care advocate:** A care advocate is matched to you based on your preferences and will provide personalized, custom care navigation and support. They'll answer questions about your specific journey and can recommend high-quality, in-network doctors.
- **Schedule 24/7 video appointments:** You can speak with Maven coaches\* from many clinical specialties, such as OB-GYNs, mental health specialists, and sleep and career coaches. A chat option is also available.
- **Access personalized, interactive content:** You can view clinically based articles and join classes on a variety of menopause topics. There are also community forums to engage with others on similar journeys.

Visit [bcbsm.com/mavenmenopause](https://bcbsm.com/mavenmenopause) for more information  
and to sign up at no cost.

\*Maven coaches are additional support resources; they don't replace in-person care or relationships with your current providers and care teams.

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.