



# Pregnancy and parenthood support with Maven

Understanding pregnancy and parenthood can feel overwhelming, but Maven is here to help. Maven provides 24/7 virtual access to specialists spanning across 30+ specialties, a dedicated Care Advocate, a library of tailored content, provider-led classes and so much more to support you through pregnancy and parenthood.



Activate your free Maven membership today by visiting [mavenclinic.com/join/support](https://mavenclinic.com/join/support)

“The biggest benefit to Maven is—especially as a first-time mom—you just don’t know if what you’re going through is normal. So having a trusted, reliable source to go to to ask questions was enormously helpful.”

ASHLEY, MAVEN MEMBER



Here are a few ways Maven can be there for you through each stage of pregnancy and beyond.

## First Trimester: Weeks 1-13

Pregnancy lasts about 40 weeks—although it is common for some pregnancies to last longer or shorter periods. During the first 13 weeks of pregnancy, your baby is developing fast. Your baby will develop the beginnings of all their major organs, systems, and body structure. During this time you may experience a spectrum of symptoms that can range from mild to quite uncomfortable. Common symptoms during this trimester include morning sickness, fatigue, bloating and mood swings.

### How can Maven support you during the first trimester?

- OB-GYNs or Midwives are available 24/7 through unlimited messaging and video appointments to answer any questions you may have, get support managing new symptoms, and share any concerns you may have.
- Mental Health providers are available to help you find healthy ways to manage stress.
- Nutritionists can provide advice on prenatal vitamins and a healthy diet to follow during pregnancy.

## Second Trimester: Weeks 14-27

During the second trimester of pregnancy your baby's major organs are continuing to develop, along with their bones and skin. They're able to hear, sleep, and practice swallowing amniotic fluid. After coming out of the first trimester, you may start feeling less sick and have much more energy.

### How can Maven support you during the second trimester?

- OB-GYNs and Midwives can spend dedicated time to talk through your anatomy scan and answer any questions or address any concerns.
- A genetic counselor can advise you on the different types of genetic testing and help you understand your results.
- A career coach can help you make a plan to share the exciting news with your manager and colleagues and develop a plan for a smooth transition to and from parental leave.

## Third Trimester: Weeks 28-40

During this final stage in pregnancy, your baby will pack on the pounds and continue to get every organ ready for life outside the womb. In this last leg of your pregnancy journey you may be feeling a range of symptoms and emotions – exhausted from carrying around your large belly, excited to meet your new baby, anxious about labor and more.

### How can Maven support you during the third trimester?

- Doulas can help you develop a birth plan and educate you on all of your options when giving birth, from how you give birth to what type of pain relief options are available. While many things may be unpredictable or unknown during labor and delivery, there are aspects of birth and beyond that are in your control. Knowing your preferences and communicating them with your provider, partner, and the rest of your care team can ensure your needs are met.
- Physical support coaches can share safe exercise and stretching routines to help with the back and hip pain that develops later in pregnancy. Physical therapists can also help you address any weakness in your pelvic floor muscles and provide exercises to strengthen them after delivery.
- Lactation consultants can set you up for a successful breastfeeding experience early. They can educate you on how to get your baby to properly latch, help stimulate milk production, and answer any questions you may have about breastfeeding, pumping, or supplementing.



# Parenting and Pediatrics

We know that raising your family takes a village— which is why Maven’s support doesn’t end after your baby turns one. After you complete Maven’s pregnancy and postpartum program, you can continue to get round-the-clock support for your child up to their 10th birthday in our parenting and pediatrics program.

## You can meet with providers including:

- Pediatricians
- Parenting coaches
- Child care consultants
- Sleep coaches
- Special education advocates
- Pediatric occupational and physical support coaches

## Postpartum

Your new baby is finally here! Your baby is adjusting to life on the outside – including needing a lot of feedings and sleep. You’re adjusting to new parenthood and also recovering from the physical exertion of giving birth.

### How can Maven support you postpartum?

- Mental health providers can educate you on what is considered normal feelings of baby blues vs. a serious postpartum mood disorder, help you manage feelings of isolation, and develop strategies to avoid burnout.
- OB-GYNs can help you understand what is normal with your postpartum recovery and identify any warning signs. A Maven OB-GYN can also discuss your birth control options with you.
- Pediatricians can guide you on what to expect during these first few weeks, advise you on feedings and baby weight gain, and educate you on what is normal and signs to look out for as your baby develops.
- Sleep coaches can help you develop a sleep training plan that works for you and your baby, so you both can get some much needed rest.



# Find out how Maven can help

You and your partner can join today by scanning the QR code, visiting [mavenclinic.com/join/support](https://mavenclinic.com/join/support) or downloading the Maven Clinic app.

