## XX MAVEN

## Menopause support anytime, anywhere

We know that menopause can sometimes feel isolating, but you're never alone with Maven. You have 24/7/365 dedicated support from providers who specialize in the menopause journey like OB-GYNs, pelvic floor physical therapists, mental health providers, and more. There's no long wait time either, with virtual appointments available in under 2 hours. And the best part? You and your partner have free access to Maven.





Early identification of menopausal symptoms and treatment guidance for chronic conditions



24/7 virtual access to providers specializing in menopause for coaching and second opinions



Dedicated Care Advocates providing hands-on support and navigation on and off of Maven



1:1 mental health support throughout your experience with menopause



Guided education & provider-moderated drop-in groups to connect with others on a similar journey



Menopause



## The menopause journey: What to expect at every stage of menopause

Navigating menopause can feel like you're on a wild, winding road at times. You know you're going through a major life transition, but you don't exactly know what's coming up ahead.

Maven OB-GYN Gina Wilson says everyone experiences menopause symptoms differently and at different times (the average age is 51.



Activate your free Maven membership by scanning the QR code, downloading the Maven Clinic app, or visiting **mavenclinic.com/join/mm**.