

How Maven supports members through menopause

For too long, menopause has been an unsupported and overlooked phase of life—leaving too many suffering alone in silence.

Maven’s Menopause & Ongoing Care program is here to change that.

To shed light on this transformative phase, Dr. Mark Frisch, OB-GYN and Maven provider is here to answer your questions about menopause and how Maven supports members through this journey, filling critical gaps in support that exist today.

WHAT IS MENOPAUSE?

The [CDC](#) defines menopause as going a full year without a menstrual period. It occurs when the ovaries stop producing the hormones estrogen and progesterone.

Menopause is a complex journey with many phases, and the experience, symptoms, and duration of these phases differ for everyone. “This is a gradual process that may start even in the mid-40s. It’s different for everyone,” explains Dr. Frisch.



WHAT DOES MENOPAUSE ENTAIL?

LATE 30s — EARLY 40s

Premature & Early Menopause

Premature: Before age of 40
<1% of women

Early: Before age of 45
<5% of women

Potentially caused by a hysterectomy, chromosomal abnormalities, or side effects from radiation therapy.

Perimenopause

This is the **transition into menopause** where estrogen levels drop and gradually stop releasing eggs.

This stage usually starts **between ages 40-45**, and lasts 4 years on average.

Menopause

Officially started after **12 months without a period.**

At this point, ovaries have stopped releasing eggs.

Pregnancy is no longer possible without fertility treatments and frozen or donor eggs.

EARLY 50s — LATE 60s

Postmenopause

Menopause is now over, however **symptoms may continue on for approximately 10 years.**

Increased risk of severe health conditions including osteoporosis and heart disease.

The silent symptoms of menopause

SYMPTOMS INCLUDE:

Hot flashes and night sweats
Heart palpitations
Changes in blood pressure
Menstrual irregularities
Vaginal dryness
Sleep problems
Irritability & mood swings



HIGHER RISK OF:

Depression
Anxiety
Osteoporosis
Heart disease
Alzheimer's disease
Heart attacks
Heart failure

TIPS FOR A HEALTHY TRANSITION INTO MENOPAUSE

In order to ease symptoms and decrease associated risks, it's important to prioritize healthy behaviors and have open conversations with providers who are knowledgeable about the menopausal journey. By taking steps like quitting smoking, staying active, eating healthy, and communicating with a doctor about their needs, people going through menopause can ensure they're taking care of themselves.

HOW MAVEN SUPPORTS MEMBERS DURING MENOPAUSE

The menopause journey is closely linked to the other aspects of emotional and physical health—that's why Maven provides inclusive, holistic, and specialized support focused on treating the whole person, not just symptoms. Maven is a digital health platform for reproductive and family health, offering 24/7 access to dedicated Care Advocates and virtual access to providers who actually specialize in menopause plus clinically-sound education and provider-moderated drop-in groups to help support members through this complex journey and connect them with others going through this traditionally unsupported phase of life.

"I find the first thing people ask me when they tell me about their menopause symptoms is, 'Is this normal?' I want to assure everyone that what they're going through is normal—and that it's not going to last forever."

DR. MARK FRISCH, OB-GYN

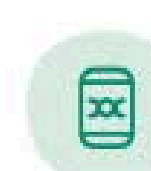


Meet Kaitlyn



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:



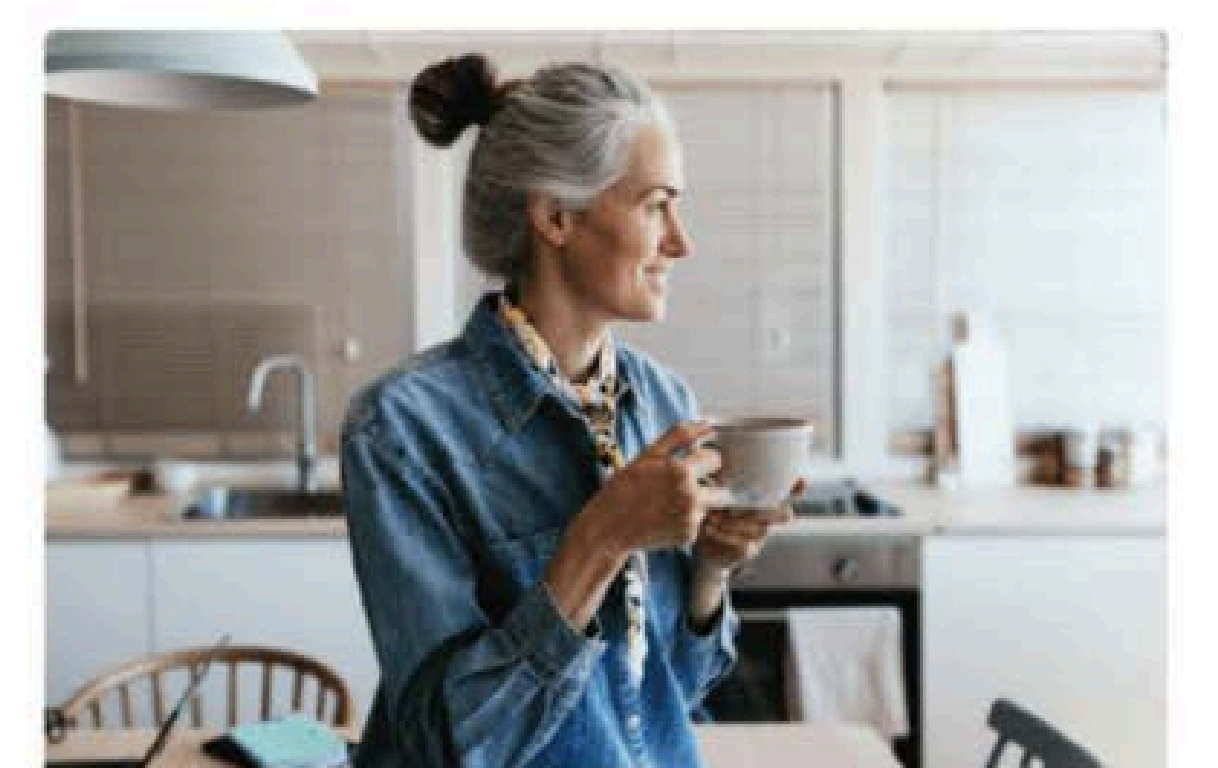
Connecting you to the right specialists over video chat and messaging.



Get referrals to top in-person, in-network specialists in your area.



Get help navigating your company benefits and insurance.



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, but menopause can start anywhere between ages 41 to 58!) making the journey all the more unpredictable.

But as you go along, remember you're still you and you're in the driver's seat. You can get the support and help you need to make it through.



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