

Holistic support through menopause & midlife

From managing ongoing menopause symptoms to forming healthy habits with lifelong benefits, people in midlife deserve better support, but many don't get the care they need until it's too late.

Maven's gender-inclusive care helps members find relief for their symptoms—and own their long-term health and thrive in their careers.



33% of women experience menopause for 10 years or longer ¹

\$150B in global productivity losses due to menopause ²

Midlife is more than a moment in time. Provide gender-inclusive support that goes further.

Comprehensive clinical care

24/7 access to providers that specialize in menopause and midlife health, as well as trusted referrals to in-person care.

Career and lifestyle support

1:1 guidance and coaching provided by nutrition, exercise, sex, wellness, mental health, and career experts.

Gender-inclusive support

Covering the challenges faced by both men and women in midlife - from hormonal changes to mental health concerns.

VIRTUAL EVENT MONTHLY

Menopause drop-in group

Thurs, July 2 • 7:00 - 8:00 PM

Host: Sally Rainen
Maven Wellness Coach

Menopause can feel really isolating, especially when no one talks about it. But you're not alone!

What you'll learn

- The phases of menopause and what to expect
- Common symptoms and how to get relief

What low testosterone means for male fertility

Medically reviewed by Maven

Figuring out the cause of a fertility challenge is like putting the pieces of a puzzle together. You and your partner (if you have one) will likely have several exams, tests, and screenings, then your healthcare providers will try to piece the results together to determine the cause. If your healthcare providers determine the cause is male-factor infertility, they'll most likely advise that you meet with fertility specialists, like a reproductive urologist or reproductive endocrinologist, to investigate more and work towards a solution.

Male-factor infertility makes up about 40% to 50% of infertility cases and can be caused by a number of factors—so please know that if you're going through

19:00

Refresh

Elizabeth Peretta
Physical Support Coach



OB-GYN

Managing symptoms and navigating treatment options, such as HRT or non-hormonal prescriptions.



Career Coach

Navigating symptoms at work, workplace communication, and career transitions.



Sex Coach

Making sex more comfortable, sex within relationships, and improving partner communication.



Mental Health Provider

Managing mood changes, anxiety, stress, depression, brain fog, and relationships.



Nutrition Coach

Diet changes to manage health in midlife and developing personalized meal plans.



Physical Support Coach

Pelvic floor strengthening, improving balance, and strength.

Health outcomes that change the game for employees.

CLINICAL SUPPORT

93%

Of users experience a reduction in severity of at least one menopause symptom

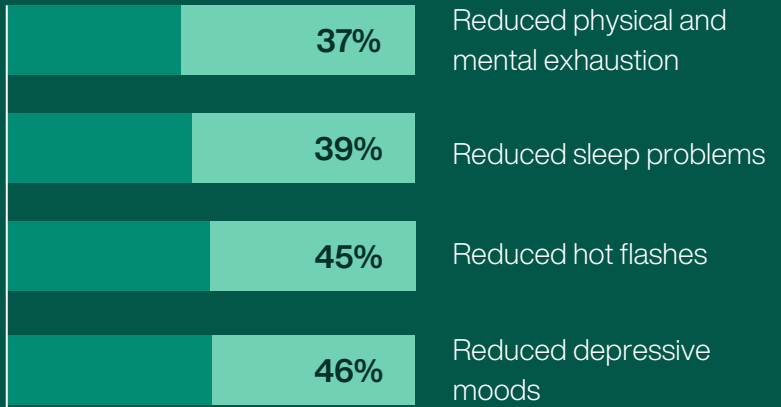
2 in 3

Members report Maven helped them know what to expect and their options for managing symptoms

3x

Members who meet with a Maven OB-GYN are 3x more likely to feel equipped to manage their health

Members experience symptom relief with Maven



“My whole demeanor has changed since I started talking to my mental health coach, wellness coach, and naturopathic family physician. All of them are so willing and so helpful. It was huge, it was a game-changer for me.” **Nancy, Maven Member**