

Hi, we're Maven!

We're here to give you free 24/7 support for your pregnancy and postpartum journey. Maven is the world's largest virtual clinic for women and families, and you have **free** access as a UnitedHealthcare member.

You can use Maven for:

- **24/7 virtual appointments and messaging** with providers like OB-GYNs, doulas, lactation consultants, mental health specialists, and pediatricians
- **A dedicated Care Advocate** to help you make sense of your benefits and find the right Maven providers for you
- **Access to hundreds of expert-approved articles, drop-in groups, and on-demand classes** like Childbirth 101 and Infant CPR



Meet your dedicated Care Team

We're here to support you for anything you need. On Maven, you'll get healthcare the way it should be.



Kaitlyn

Your Maven Care Advocate
Your personal healthcare concierge



Judi Li
Lactation Consultant



Jamie Hutton
OB-GYN

Have questions? We have answers.
Here are some Maven FAQs:

What can I use Maven for?

Everything from getting your questions answered in between in-person visits, to creating your birth and postpartum plans, to managing your mental health, breastfeeding or bottle feeding, infant sleep, and so much more.

Is it really free?

Yes! As a UnitedHealthcare member, everything on Maven is free for you, including all virtual appointments, Care Advocate messaging, articles, classes, and drop-in groups.

How often can I meet with providers?

As much as you want. Seriously, even at 2am. And Maven visits are always free—no copays or in-app costs.

How does Maven support high risk pregnancies?

Once you meet with your Care Advocate, Maven will curate a Care Team of specialists that address your specific needs like high-risk OB-GYNs, diabetes educators, nutritionists, etc. Your Care Advocate will also be checking in on you throughout your pregnancy.



No matter where you are in your pregnancy journey, we're with you. Join Maven for free at mavenclinic.com/join/faqs or scan the QR code.