



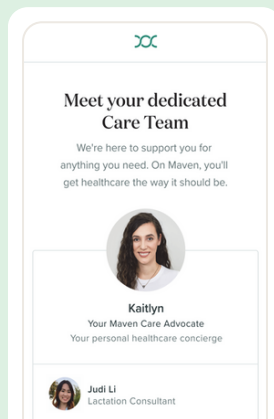
# Meet Maven. Free virtual support for family building, pregnancy, parenting, menopause, and midlife.

With Maven, you get personalized 24/7 virtual support, care, and guidance for your path to parenthood and beyond—when you need it, how you need it (yep, even at 2am).

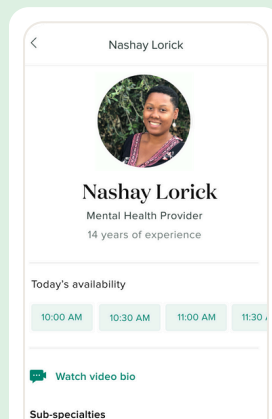


## Here's what you and your partner get with Maven

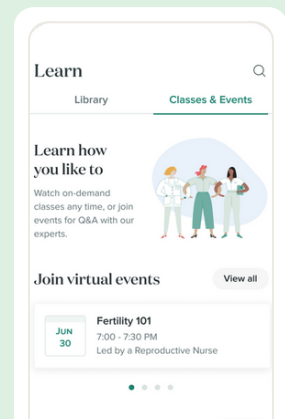
**24/7 personalized support from a dedicated Care Advocate**






**Virtual appointments and messaging with providers—anytime day or night**



**On-demand classes, groups, and articles for expert guidance you can trust**



## At Maven, we're with you every step of the way

- **From starting a family**
  - Thinking about planning your family
  - Exploring fertility treatments (IUI, IVF, and egg freezing)
  - Choosing a surrogacy or adoption agency
  - Managing your mental health
- **to having a child**
  - Creating your birth plan
  - Breastfeeding or bottle feeding support
  - Navigating infant sleep
  - Returning to work
- **to navigating parenthood**
  - Pediatric care
  - Parent coaching
  - Help finding the right childcare
  - Developmental support
- **to managing all stages of menopause and midlife**
  - Lifestyle changes to manage high blood pressure during midlife
  - Understanding menopause treatment options
  - Nutrition support
  - Career coaching

The best part? Ferrara fully covers your Maven membership. This means no co-pays and no out-of-pocket costs for Maven appointments and resources. Seriously, no strings attached.



Scan the QR code to get started or go to [mavenclinic.com/join/takecare](https://mavenclinic.com/join/takecare) or download the Maven Clinic app.

**Join today for free**