

GET MENOPAUSE SUPPORT WHENEVER YOU NEED IT

Menopause is different for everyone, and expert support goes a long way toward helping you navigate it. That's why we're working with Maven Clinic, an independent company, to provide 24/7 virtual support for your unique needs — **at no additional cost.**



Personalized guidance through every stage of menopause

Whether you're experiencing hot flashes, sleep disturbances, or mood changes, your personal Care Advocate is there to connect you with the right resources and experts.



Navigate menopause with confidence

Menopause brings a lot of questions, and Maven has the answers. You'll have access to a personalized library of articles and educational materials. You can also connect with members and specialists through virtual classes like Menopause 101.



Support that's on your schedule

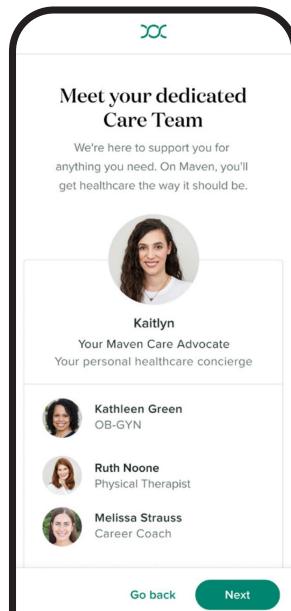
Maven provides on-demand support 24/7, so you can reach out before work, after dinner, in the middle of the night — whenever you need.



Expert help for a wide range of needs

With Maven, you get virtual access to experts across more than 35 specialties, from OB/GYNs and physical therapists to career coaches and mental health providers.

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HERE'S WHAT YOU GET WITH MAVEN

- Unlimited video appointments and messaging with experts
- Access to provider-led classes and menopause-related articles
- A dedicated Care Advocate to help you make the most of Maven
- Support with managing symptoms, understanding treatment options, caring for your mental health, and more



GET STARTED

Sign up for Maven and get no-cost support today.
Scan the QR code or go to mavenclinic.com/join/MA

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).