#### XX MAVEN

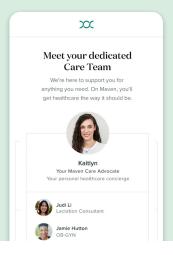
# Meet Maven. Free virtual support for family building, pregnancy, and postpartum.

Maven is included at no cost as part of your Harvard Pilgrim health plan. With Maven, you get personalized 24/7 care and guidance for your path to parenthood and beyond-when you need it, how you need it (yep, even at 2am).

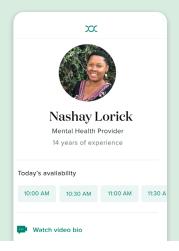


#### Here's what you and your partner get with Maven

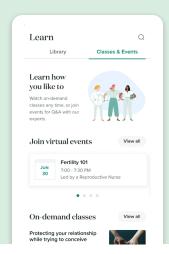
24/7 personalized support from a dedicated Care Advocate



Virtual appointments and messaging with providers-any time 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 thinking about starting a family

- Learning about cycle tracking
- Exploring fertility treatments (IUI, IVF and egg freezing)
- Understanding your conception options



## to trying to get pregnant

- Navigating your fertility benefits
- Getting a second opinion
- 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



Scan the QR code to get started or visit mavenclinic.com/join/hphc or download the Maven Clinic app.

Join now for free