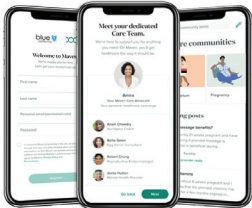


# A PERSONAL GUIDE TO PARENTHOOD



**If you're expecting, congrats!** We're here, along with the Maven Maternity Program, to support you every baby step of the way. With Maven, you and your partner can get access to virtual care for pregnancy, postpartum, and returning to work after parental leave. Plus, you'll enjoy 24/7 access to Care Advocates, specialists, and coaches – as well as content tailored to your experience.



## Sign up today to access:

- **On-demand virtual appointments** with Maven OB-GYNs, lactation consultants, doulas, mental health specialists, nutritionists, career coaches, and many more
- **Your own Care Advocate** who can help you find care, navigate your health benefits, find the right in-network providers, and more
- **Expert resources** including virtual classes, helpful articles, and community forums

## Get support for every stage of your journey:

### Pregnancy

- Midwives, OB-GYNs, doulas
- Birth planning
- Prenatal nutritionists
- Mental health specialists
- Loss support

### Postpartum

- Infant care education
- Pediatricians
- Lactation counseling
- Infant sleep coach

### Returning to work

- Back-to-work support
- Career coaching
- Emotional support



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**Get started today!**

Visit [blueshieldca.com/maven](https://blueshieldca.com/maven) to enroll.

Maven is available to most Blue Shield members and their dependents through three months postpartum, depending on your plan.

Maven is independent of Blue Shield of California and is contracted by Blue Shield to provide maternity benefits including care advocacy, virtual consultations, coaching, and education. Maven is not intended to replace your in-person providers. Maven® is a registered trademark of Maven Clinic Co. All rights reserved.

For more help and resources, visit [blueshieldca.com](https://blueshieldca.com) or contact Member Services at the number on your member ID card. If you do not have your ID card, you can call **(800) 393-6130 (TTY: 711)**.

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