

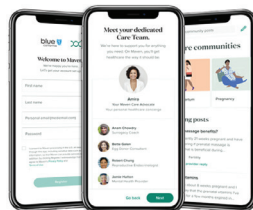
# Virtual support for new and expecting parents



**Blue Shield of California and Maven are here to support your pregnancy journey every 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. You will enjoy 24/7 virtual access to care advocates, specialists, mental health support, and content all tailored to your experience.

Sign up today to access:

- **On-demand virtual appointments** with Maven OB-GYNs, mental health specialists, nutritionists, lactation consultants, doulas, 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 mental health, clinical, and other social support for every stage of your journey:

## Pregnancy

- Midwives, OB-GYNs, and doulas
- Birth planning
- Prenatal nutritionists
- Miscarriage/pregnancy loss support

## Postpartum

- Infant care education
- Pediatricians
- Lactation consultants
- Infant sleep coaches

## Returning to work

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



Join now at no cost to you!  
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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