

24/7 virtual health support for you and your family

Meet Maven, the personal health platform made to help you and your loved ones navigate:

- MENOPAUSE & MIDLIFE HEALTH

For today's needs

Answers, day or night

Get 24/7 support from a personal care team

Unlimited video visits

Connect with 600 award-winning specialists

Helpful resources

Learn from experts through articles, videos, & classes

And tomorrow's goals

Men's and women's health after 50

Menopause symptom relief

Expert nutrition and wellness advice

Career advice

Mental and emotional support

Schedule an appointment

ARTICLE

Getting through menopause while working

Amy Glaser
Physical Support Coach

5:00 AM 7:25 AM 8:00 AM



Your access to Maven is fully covered.

Sign up at mavenclinic.com/join/benefit

