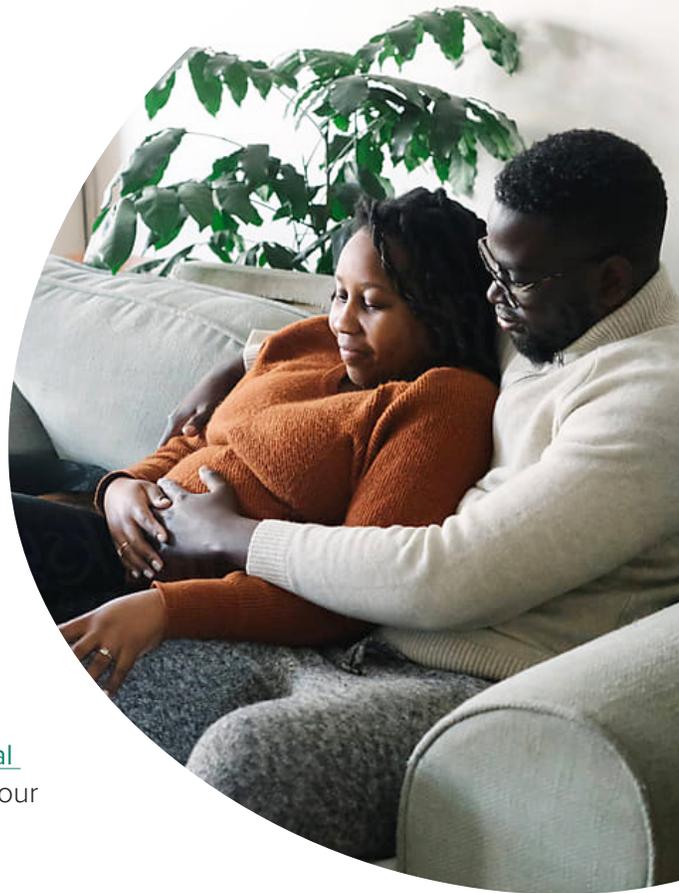


Black History Month with Maven Clinic



In honor of Black History Month, we're reflecting on the Black [maternal health crisis](#) and how Maven incorporates culturally humble care into our platform to improve health equity for vulnerable populations.

BLACK WOMEN ARE

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The Black maternal health emergency

The maternal mortality crisis in the U.S. that disproportionately affects Black women is tied to America's institutionalized racism. Black women are [three times more likely](#) to die from pregnancy-related causes than white women. Here's some further background on this crisis:

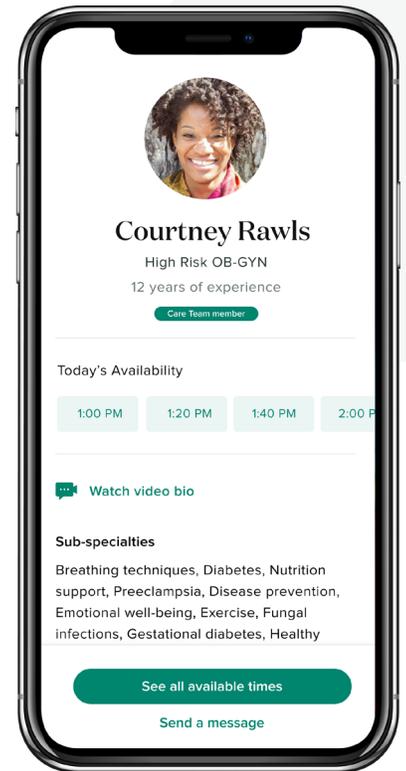
- Black women are more likely to live in [maternity care deserts](#) and to have difficulty accessing comprehensive reproductive health care services.
- Black women experience [race-based discrimination](#) from health care providers, including excessive questioning, condescending tones, and disrespect from their practitioners.
- Only [4%](#) of Black women receive treatment for postpartum depression.

What is culturally humble care?

Culturally humble care means meeting each member where they are and working to understand their needs. It empowers people through personalization, providing support that is sensitive to the cultural, social, and economic factors that influence each person's journey, known as the [Social Determinants of Health](#) (SDOH).

How does Maven practice culturally humble care?

Maven Care Advocates work with each member to assemble a personalized care team that's matched to their unique needs and lived experiences, including providers who are of a specific race, gender, or sexual orientation. [Research](#) shows [care matching](#) leads to improved trust between doctors and patients and to better health outcomes. Our digital family health platform provides 24/7 access to a network of specialty providers spanning 30 different family health specialties, to help meet member's unique needs.



How leaders and managers can be allies

The Black maternal mortality crisis requires an urgent response from leaders and managers who can help make sure their teams are informed about their healthcare and benefits. In your workplace, you can spread awareness and seek solutions, while uplifting Black voices.

Create safe spaces for communication

Provide current statistics and news about family planning. With clear information about risk factors and options, Black women can more easily navigate systems that often dismiss their [valid concerns](#) about their health.

Emphasize the importance of holistic approaches to family planning

Improving Black women's outcomes requires comprehensive care. It's important to address the disparities across all of maternal health, including maternal mental health care. To reduce common barriers to care, members can access a variety of providers from therapists to doulas.

Encourage employees to think of healthcare holistically

Make sure your employees are aware of all their benefits and how to consider their health holistically. Holistic care focuses on wellness as a whole, including mental, spiritual and financial health. Making holistic support, like doulas and midwives, readily available has been [shown](#) to improve Black maternal health.