

How Maven can support men's health

What is Maven? Maven provides 24/7 personalized virtual support for men's health at every stage, including sperm health, parenting, nutrition, low testosterone, mental health support, and more. With virtual access, you can prioritize your health whenever, wherever works best for you.

How much does Maven cost? There are no in-app costs associated with Maven resources or visits. Maven providers can also recommend in-person support if needed.



Join for free at mavenclinic.com/join/men.

Comprehensive support, tailored to men's needs

Family-building support for men

Fertility challenges affect all genders—men's health plays a role in about half of cases. With Maven, you have access to virtual specialists who can provide personalized support for things like nutrition, IVF, at-home semen analysis, and more.

Supporting partners through pregnancy

Maven's partner program addresses the often-unmet needs of men on the pregnancy journey. Gain access to virtual providers catering to your needs, including mental health specialists to navigate emotional shifts, sleep coaches to cope with disrupted nights, and more.

Parenting support & pediatrics

Connect with a diverse range of virtual providers for support through parenthood, including pediatricians for health concerns, speech therapists for developmental questions, and career and relationship coaches.

Men's midlife and hormonal health support

Take control of your overall well-being with career coaching, nutrition counseling, sex therapy, and mental health support.

What low testosterone means for male fertility

Medically reviewed by Maven



Figuring out the cause of a fertility challenge is like putting the pieces of a puzzle together. You and your partner (if you have one) will likely have several exams, tests, and screenings, then your healthcare providers will try to piece the results together to determine the cause. If your healthcare providers determine the cause is male-factor infertility, they'll most likely advise that you meet with fertility specialists, like a reproductive urologist or reproductive endocrinologist, to investigate more and work towards a solution.

Male-factor infertility makes up about 40% to 50% of infertility cases and can be caused by a number of factors—so please know that if you're going through



Nashay Lorick

Mental Health Provider

14 years of experience

Today's availability

10:00 AM 10:30 AM 11:00 AM 11:30 AM

24/7 access to Maven specialists

- **Men's Health Nurse Practitioners**
Helping you understand your fertility and supporting overall men's health issues, like low testosterone.
- **Reproductive Endocrinologists**
Supporting men's hormonal changes and providing guidance for in-person care or treatment.
- **Family Physicians**
Managing illnesses or injuries, sharing advice for preventative care and maintaining a healthy lifestyle.
- **Mental Health Providers**
Managing mood changes, anxiety, stress, depression, brain fog, and relationships.
- **Physical Support Coaches**
Physical support and coaching for overall wellness, managing pain, improving mobility, and more.
- **Nutritionists**
Diet changes for managing health in midlife and developing personalized meal plans.
- **Sex Coaches**
Making sex more comfortable, sex within relationships, and improving partner communication.
- **Career Coaches**
Navigating symptoms at work, workplace communication, and career transitions.



“As a first-time dad, I had no idea about anything my wife was going through,. Maven helped me understand what she was experiencing and also prepare me for what to expect next. It gave me more confidence in the process and the right information from experts that has been easy to understand. Maven helped me be a better partner during pregnancy.”

Saurabh, Maven Member



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