

# How Maven complements your in-person pregnancy care

We're here for you, wherever you are in your journey.



## HOW YOU EXPECT YOUR PREGNANCY TO GO

## HOW MAVEN IS HERE FOR THE UNEXPECTED

6 weeks

### APPOINTMENT

You're pregnant! You have your initial pregnancy confirmation appointment.



### VIRTUAL CHECK-IN

You're having weird pregnancy symptoms. (Nosebleeds? Why?) **You book a virtual appointment with a Maven OB-GYN** to learn more about what you might experience throughout your journey.

10 weeks

### APPOINTMENT

You go to your in-person provider for your prenatal visit.



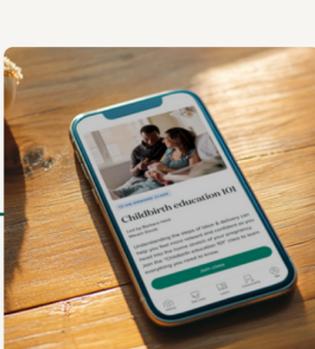
### EDUCATION

You're feeling anxiety about telling your manager about your pregnancy. **You read an article with tips and talk to a Maven Mental Health Provider** to make a plan.

20 weeks

### APPOINTMENT

You have your 20-week scan, where you learn more about how your baby is developing.



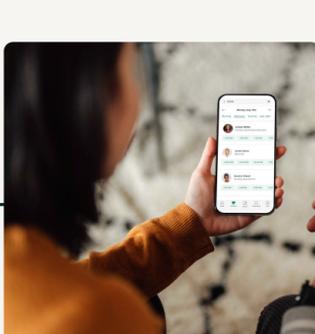
### ON-DEMAND CLASS

**You take a free Childbirth Education Class on Maven** and learn how to prepare for labor.

24 weeks

### APPOINTMENT

You do a glucose screening test to screen for gestational diabetes.



### DIABETES COACH

If you are diagnosed with gestational diabetes, you can **book an appointment with a Maven diabetes coach**. She can give you guidance on how to manage it.

34 weeks

### APPOINTMENT

You have a regularly scheduled ultrasound to check on progress.



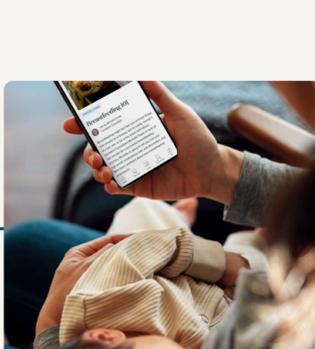
### DOULA

**You create your birth plan with a Maven Doula** and talk through your options for birth and how to advocate for yourself during labor.

40 weeks

### APPOINTMENT

You give birth! Labor is hard, but you feel prepared and excited to meet your baby.



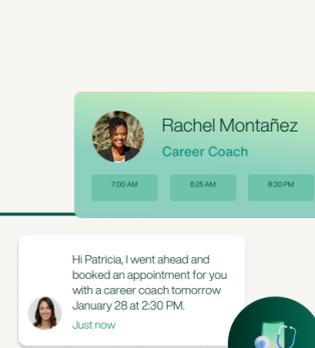
### LACTATION CONSULTANT

You're having a hard time breastfeeding, so **you meet with a Maven Lactation Consultant** to help your baby latch. You message with her a few days later to ask more questions.

After birth

### APPOINTMENT

You go to your in-person postpartum appointment to check on healing.



### CAREER COACHING

You're preparing to return to work after your parental leave. **You meet with a Maven Career Coach** to help you know what to expect.

Newborn parenting

2/47 virtual pregnancy, postpartum and newborn support — at no cost to you.

Use Maven in between your in-person visits during pregnancy and postpartum to get your questions answered and the support you need.

To learn more, scan the QR code or [click here](#).

