

∞ MAVEN

How can I find providers to support me before, during, and after menopause?



During perimenopause and menopause, having strong support from your care team is important. You want to find a team who will listen to you, take your symptoms seriously, and not gloss over how you're feeling. From navigating uncomfortable symptoms, to taking care of your mental health, to recommending pelvic floor exercises, having caring providers on your side can make the whole menopause journey feel a bit more manageable.

Here are some suggestions for finding an in-person provider, plus a guide to all of the Maven providers that you can video chat with 24/7, at no cost to you.



How to find an in-person menopause provider

Need a supportive medical provider who you can see for in-person visits? Look on the [North American Menopause Society \(NAMS\)](#) website. There, you'll be able to [search](#) in your area for a Certified Menopause Practitioner (you might see NCMP in their title). These are providers who have been certified to provide high-quality care during the menopause years and beyond. You can also search for a board-certified OB-GYN on the [American College of Obstetricians and Gynecologists \(ACOG\)](#) website.

How to find a virtual menopause provider

In addition to your in-person care team, you can find free, on-demand support on Maven throughout your menopause journey.

These are some of the providers you can make a video appointment with or message on Maven anytime.

OB-GYNs

You might know them for their work with pregnancy and childbirth, but OB-GYNs are medical doctors who can support you into the menopause years.

Ask them about:

- Hormone replacement therapy
- Managing your menopause symptoms
- Irregular bleeding or other concerns you have

Explore [Maven OB-GYNs](#).

Nurse Practitioners

Nurse practitioners are trained medical providers who can diagnose health issues and create treatment plans.

Ask them about:

- Managing menopause symptoms
- Managing chronic health conditions you live with
- Questions about vaginal discomfort or sex during/after menopause

Find a [Maven Nurse Practitioner](#).

Mental Health Providers

Mental health providers are experts trained to support a wide variety of mental health and emotional needs, from everyday stress and anxiety to more serious issues like depression.

Talk to them about:

- How menopause is affecting your mood
- If you're feeling anxious or depressed
- Ways to manage your stress

Find a [Maven Mental Health Provider](#).

Midwives

Midwives can provide care well beyond pregnancy and childbirth and into the menopause years. They are trained to help you manage every stage of your reproductive journey.

Ask them about:

- If you're not sure it's perimenopause or something else
- What to expect at each stage of menopause
- Healthy aging during postmenopause

Explore [Maven Midwives](#).

Nutrition Coaches

Diet can play an important role during menopause. Nutrition coaches are experts on all things food and nutrition.

Talk to them about:

- Eating healthy to feel your strongest during the menopause years
- What to eat to help manage symptoms
- What foods/drinks can trigger symptoms

Talk to a [Maven Nutrition Coach](#).

Sex Coaches

Sex coaches are intimacy experts, here to help with all your sex-related questions.

Talk to them about:

- Ways to make sex more comfortable
- Vaginal lubricants or moisturizers they recommend
- How to talk to your partner about sex during menopause

Talk to a [Maven Sex Coach](#).



Physical Support Coaches

Our bodies change and feel different as we get older. Physical support coaches are experts in the way your body moves and works. Some of them specialize in strengthening the pelvic floor, too.

Talk to them about:

- Pelvic floor discomfort
- Pelvic floor strengthening exercises
- Exercise during menopause

Find a [Maven Physical Support Coach](#).

Career Coaches

Experts in helping you navigate the workplace and your career at every phase.

Talk to them about:

- How to talk to your manager or HR about menopause symptoms
- How to ask for accommodations like sick days or working from home
- How to start a menopause support group for your office

Find a [Maven Career Coach](#).

Wellness Coaches

A wellness coach is your personal guide to living your healthiest life, both physically and emotionally.

Ask them about:

- How to feel your healthiest during the menopause years
- How to sleep better when experiencing menopause symptoms
- Managing menopause-related stress

Find a [Maven Wellness Coach](#).



Not sure who to meet with?

Join Maven today and your Care Advocate can recommend the right Maven provider for you.

The best part? Your access to Maven is fully covered by your employer or health plan.



Scan the QR code or [click here](#) to join!