

How Maven supports men's midlife health

What is Maven? Maven provides 24/7 personalized virtual support for men's health at every stage. With round-the-clock access to specialists in hormonal health, chronic disease prevention, mental health, sexual health, and overall wellbeing, you can take charge of your health on your own schedule.

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 in midlife

As testosterone gradually declines, many men notice shifts in energy, mood, concentration, sleep, muscle mass, and libido. These changes can feel disruptive at home and at work, yet most men don't have a trusted place to ask questions or explore treatment options. Maven helps you understand what's behind your symptoms and what steps to take next.

Clinical support for hormonal and metabolic health

Work 1:1 with experts who can help you manage common midlife concerns, including hormonal changes and low energy, weight gain, sleep disturbances, brain fog, mood changes, and more.

Nutrition, movement, and lifestyle coaching

Learn how to manage weight changes, rebuild strength, support healthy aging, and create sustainable routines. Nutritionists and physical support coaches help you target specific goals with personalized plans.

Sexual health and relationship wellbeing

Discuss intimacy concerns, partner communication, or libido changes with trained sex coaches who offer guidance in a private, judgment-free space.

The #1 nutrient men in midlife should focus on

Medically reviewed by Maven Nutrition Coach, Anita Mirchandani



What you need to know

- As you get older, you might notice some changes in your body—like a loss of muscle mass, and higher levels of body fat. These changes are normal, but can be frustrating to experience.
- Focusing on your diet can help combat these changes. Eating more protein can help your body repair muscles and bones (and create hormones and enzymes your body needs!). Great sources of protein



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**
Help you understand hormonal changes, low testosterone, and overall men's health concerns.
- **Reproductive Endocrinologists**
Guide you through hormonal transitions and make referrals for in-person care.
- **Family Physicians**
Support everyday health questions, preventive care, and chronic condition management.
- **Mental Health Providers**
Help you navigate mood shifts, anxiety, stress, depression, brain fog, and relationship challenges.
- **Physical Support Coaches**
Offer exercises and strategies to rebuild strength, reduce pain, and improve mobility.
- **Nutritionists**
Develop sustainable nutrition plans for weight changes, metabolism, and healthy aging.
- **Sex Coaches**
Make sex more comfortable and help improve communication with your partner.
- **Career Coaches**
Support workplace communication, performance changes, and career transitions during midlife.



Support that fits your schedule:

- Virtual visits whenever and wherever you need them
- Personalized treatment plans
- Evidence-based guidance you can trust
- Coordinated care that evolves with your needs

All at no cost to you.



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