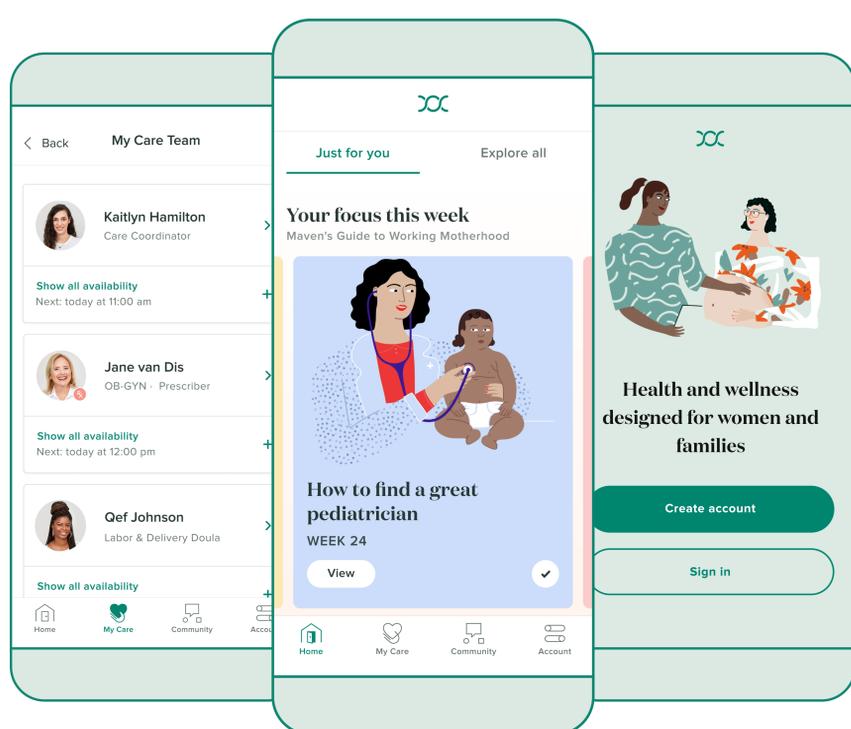


# Your Personal Guide to Parenthood

Western Health Advantage health plan members and their partners have access to virtual care through Maven for pregnancy and postpartum at no additional cost.\* Use Maven for 24/7 support from doctors, specialists and coaches and trustworthy content tailored to your experience.

## Sign up for these services:



- ✓ **Unlimited access** to over 30+ specialties of women's and family health providers through educational and coaching video visits and messaging
- ✓ **Your own Care Advocate** who can help you find care and navigate your Maven benefits
- ✓ **Personal referrals** to high-quality, in-person providers in your network
- ✓ **Supportive resources** including virtual classes, clinically based articles, and community forums

## Support at every stage of your journey

### PREGNANCY

- ✓ Midwives, Doulas, OB-GYNs and more, on-demand
- ✓ Birth Planning
- ✓ Loss Support

### POSTPARTUM

- ✓ 3 months of Postpartum support
- ✓ Physical therapists, Infant Sleep Coaches and more
- ✓ Lactation Counseling

[westernhealth.com/calpers](https://westernhealth.com/calpers)

Or download the Maven Clinic app on your iOS or Android device.  
For help, contact [support@mavenclinic.com](mailto:support@mavenclinic.com).

*Enrollment in Maven is confidential.*

*\*Coverage for WHA services depends on eligibility at the time of service.*