

A personal care advocate that helps you through your parenthood journey

**PREGNANCY
SUPPORT**



You and your partner have pregnancy support around the clock with a personal care advocate who can facilitate virtual access to specialists and other valuable resources tailored to your parenthood experience.

Western Health Advantage offers pregnancy and postpartum support through the Maven Maternity program, which includes:

- Unlimited access to virtual educational appointments with 30+ different specialties of women's and family health providers for informational and coaching video visits.
- A personal Care Advocate to help you find care on and off Maven, with referrals to in-person providers in your WHA network if needed.
- Supportive resources including virtual classes, trustworthy articles, and community forums.
- Partners can sign up with their own account and benefit from the same provider appointments, articles, videos, and virtual classes. Those enrolled in the program also receive content that's specific to the partner experience.

As a WHA member, you have on-demand virtual support from a personal coach, here to help 24/7 for any situation that might arise. There's comfort in knowing there's someone available through video chat or messaging with any maternity coaches anytime, anywhere.

It's easy to sign up and enroll. Visit the mywha.org/parentsupport webpage to download the app and to get unlimited on-demand virtual support. Your Care Advocate is available to answer questions and help you get the most out of the program:

- » **PREGNANCY** – Get virtual access to midwives, doulas, OB-GYNs, and on-demand birth planning
- » **POSTPARTUM** (3 months after birth) – support includes access to physical therapists, infant sleep coaches, lactation counseling

Members may access coaches and specialists who speak 35+ languages, including Spanish, Mandarin, Hindi, French, German, Hebrew, and more. In addition, members may request simultaneous translation similar to what you might experience in a hospital or clinic. Your Maven Care Advocate can help you navigate to the best providers to fit your needs.

***Note:** WHA's pregnancy support program is available to small group and individual plan members. Check your specific plan documents to see if this program is offered, as certain large employer group plans may offer this program as well. WHA services depend on your plan and eligibility at the time of service. Enrollment in Maven is confidential.

Learn More & Get Started
mywha.org/parentsupport

If you are ready to enroll, go online directly. For the best experience download the Maven app on your iOS or Android device.

