

Meet Dawn

IDENTIFIES AND TREATS HER MENOPAUSE SYMPTOMS WITH MAVEN

Dawn is experiencing perimenopausal symptoms including trouble sleeping and experiencing extreme mood swings. These symptoms have started impacting her day-to-day activities, most recently leading her to take sick days from work. She thinks the symptoms are related to menopause, but she has never discussed menopause with her PCP or any other doctors and is unfamiliar with her treatment options.

Dawn enrolls in Maven's Menopause program to find support.



Dawn better understands her symptoms and options after:

- Indicating her symptoms during the onboarding process and receiving a personalized **Maven provider team** specializing in menopause, including an OB-GYN and career coach.
- Connecting with her dedicated **Care Advocate who guides** Dawn throughout the process and encourages her to meet with a Maven OB-GYN as a first step.
- Meeting with her **Maven OB-GYN who confirms that she is showing signs of menopause** and assures her there are ways to address her symptoms. Dawn and her OB-GYN discuss other common symptoms to look out for, like hot flashes and pelvic pressure, and what to expect in terms of treatment options.

Dawn gets holistic support for her symptoms by:

- Scheduling **regular check-ins with her mental health provider** who arms her with the tools she needs to recognize her mood swings and cope with them successfully.
- **Developing a plan for managing work while menopausal with her career coach**, including how to talk to her manager about her symptoms.
- **Learning tactics from her wellness coach** that she can practice every night to relax before sleep.



Activate your free Maven membership today. Scan the QR code or visit mavenclinic.com/join/menopause

From pelvic floor physical therapists and OB-GYNs to career coaches and mental health providers and everything in between—Maven's Menopause program has you covered with personalized and specialized support for each of our members.