

# SUPPORT FOR YOUR MATERNITY JOURNEY

It has never been more important to make sure you're getting every benefit available to you, throughout your pregnancy and your baby's first year. If you have any questions, we're here to help with a full range of maternity programs and benefits you can explore as your family grows.



## Maternity Care Management

You don't have to go it alone. Our Care Managers offer specialized pregnancy and postpartum support to help you improve your health and avoid complications. To work with a Care Manager one-on-one, call **1-800-392-0098** Monday through Friday, 8:30 a.m. to 4:30 p.m. ET.



## Breast Pump Savings

Easily compare pump features to find the one that's right for you. Many are available at no cost and can be delivered right to your door. Learn more at [bluecrossma.com/breast-pump](https://bluecrossma.com/breast-pump).



## Childbirth Course Reimbursement

Expectant mothers may be eligible for reimbursement up to \$90 for completing a childbirth course. Learn more at [bcbsma.info/childbirthcourse](https://bcbsma.info/childbirthcourse).



## Maternal Mental Health Support

It's normal for new and expectant mothers to experience mental health struggles. If you have symptoms of anxiety, depression, or other mental health issues, our Maternity Mental Health program provides support, education, and treatment referrals. To speak with a Mental Health Care Manager, call **1-800-524-4010**, ext. **62398**, Monday through Friday, 8:30 a.m. to 4:30 p.m. ET.



## Lactation Consultations

Our network includes board-certified Lactation Consultants who work with parents and infants to address any breastfeeding challenges, and support breastfeeding for as long as you choose. To see a list of participating lactation consultants, go to [bcbsma.info/lactationcounseling](https://bcbsma.info/lactationcounseling).



## 24/7 Nurse Line

If you have questions about your newborn, yourself, or need other medical advice, connect directly to a nurse 24/7. Get immediate advice—no waiting for a callback. Call **1-888-247-BLUE (2583)**.

## Learn More

To see all your maternity benefits in one place, visit [bluecrossma.org/maternity](https://bluecrossma.org/maternity).

## MYBLUE IS HERE TO HELP

MyBlue gives you instant access to your plan benefits, all in one place. Find an in-network provider, see mental health options, check the status of a claim, and more.



To sign in or create an account, go to [bcbsma.info/signin3](https://bcbsma.info/signin3), or scan the QR code with your smartphone's camera.



MASSACHUSETTS

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).

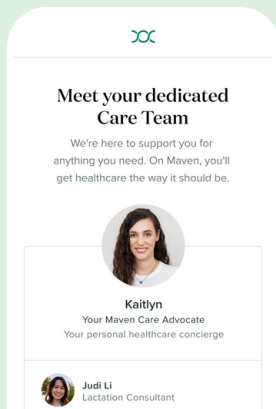


# Meet Maven. Free virtual support for family building, pregnancy, parenting, and menopause.

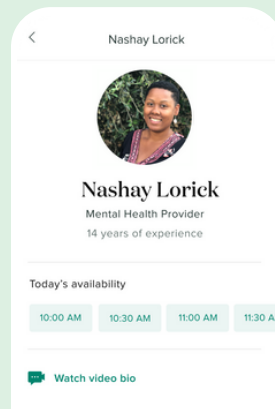
With Maven, you get personalized 24/7 guidance for your path to parenthood and beyond—when you need it, how you need it (yep, even at 2am).

## Here's what you and your partner get with Maven:

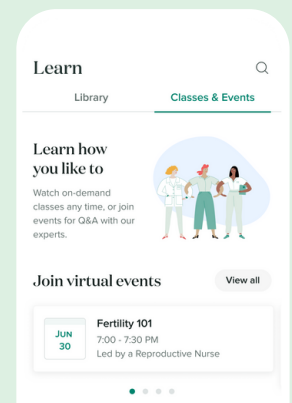
24/7 personalized support from a dedicated Care Advocate







Virtual appointments and messaging with specialists—anytime day or night



On-demand classes, groups, and articles for expert guidance you can trust



## At Maven, we're with you every step of the way

- |   |   |   |   |
|---|---|---|---|
|  <p><b>From starting a family</b></p> <ul style="list-style-type: none"> <li>Thinking about planning your family</li> <li>Exploring fertility treatments (IUI, IVF and egg freezing)</li> <li>Choosing a surrogacy or adoption agency</li> <li>Managing your mental health</li> </ul> |  <p><b>to having a child</b></p> <ul style="list-style-type: none"> <li>Creating your birth plan</li> <li>Breastfeeding or bottle feeding support</li> <li>Navigating infant sleep</li> <li>Returning to work</li> </ul> |  <p><b>to navigating parenthood</b></p> <ul style="list-style-type: none"> <li>Pediatric care</li> <li>Parent coaching</li> <li>Help finding the right childcare</li> <li>Developmental support</li> </ul> |  <p><b>to managing all stages of menopause</b></p> <ul style="list-style-type: none"> <li>Managing symptoms</li> <li>Understanding treatment options</li> <li>Pelvic floor therapy</li> <li>Career coaching</li> </ul> |
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The best part? MIIA fully covers your Maven membership. This means no co-pays and no out-of-pocket costs for Maven appointments and resources. Seriously, no strings attached. Scan the QR code to get started or go to [mavenclinic.com/join/MIIA](https://mavenclinic.com/join/MIIA) or download the Maven Clinic app.

Maven is free to MIIA/Blue Cross Blue Shield subscribers and their partners/spouses on an active plan.

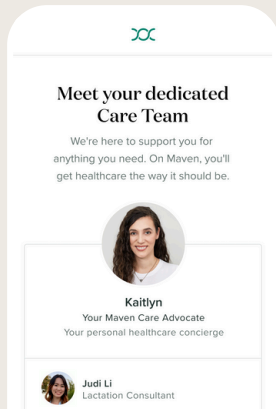


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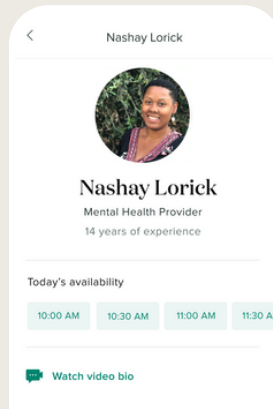
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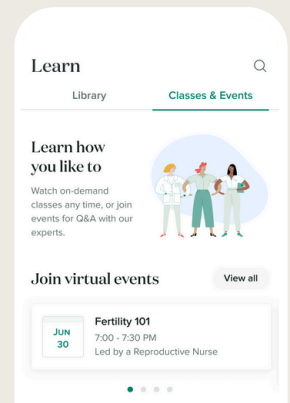
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



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