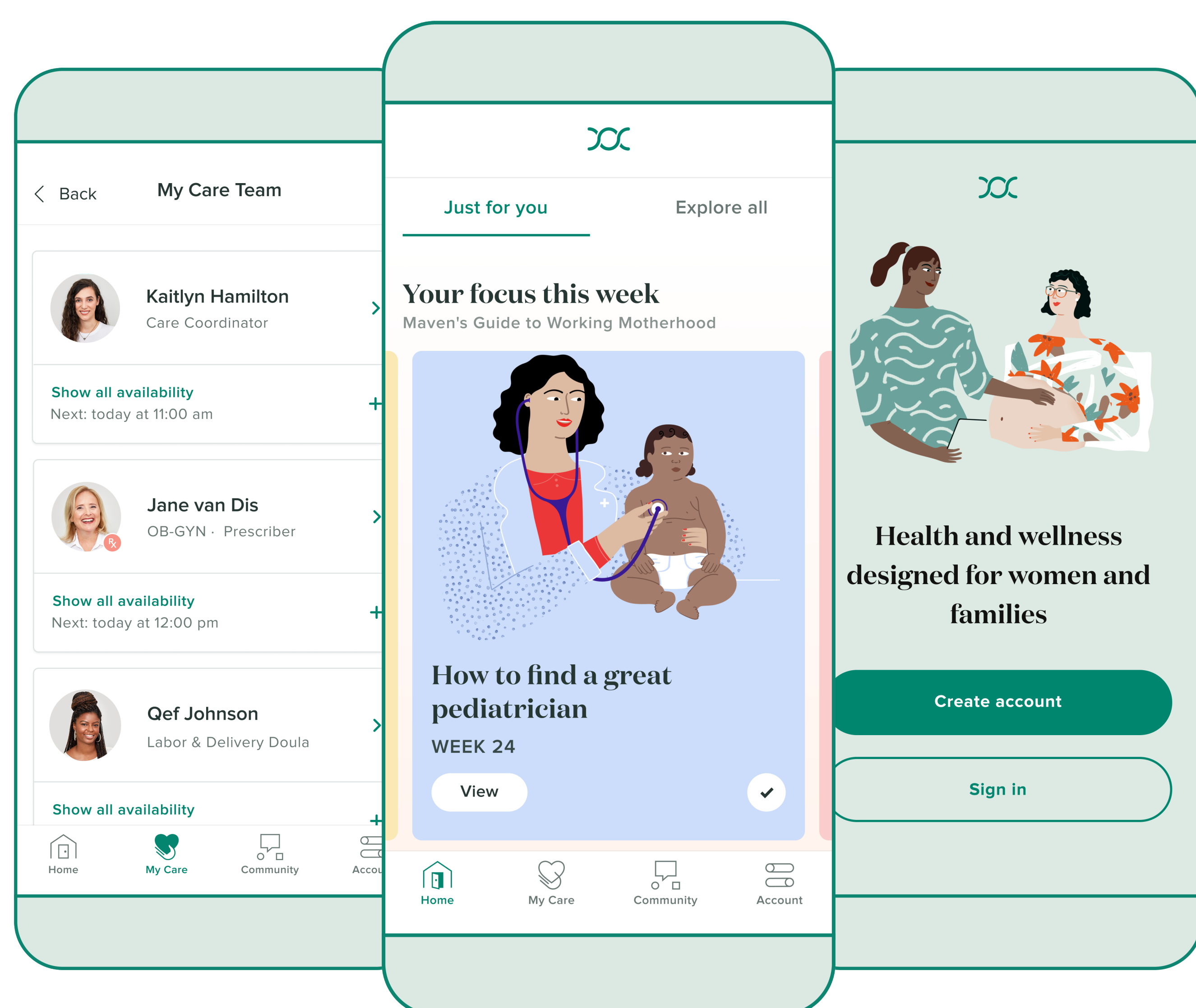


Your Personal Guide to Parenthood

Farm Bureau members have access to virtual care through Maven for pregnancy and postpartum. Use Maven for 24/7 access to doctors, specialists and coaches and trustworthy content tailored to your experience.

Sign up for access to this program at no extra cost:



- ✓ **Unlimited coaching and education appointments** to over 30 specialties of women's and family health providers through video chat and messaging
- ✓ **Your own Care Advocate** who can help you find care, navigate your benefits, and understand your Maven benefits
- ✓ **Personal referrals** to high-quality, in-person providers within the Farm Bureau plan
- ✓ **Expert resources** including virtual classes, helpful articles, and community forums

Support at every stage of your journey

PREGNANCY

- ✓ Midwives, OB-GYNs, Doulas
- ✓ Birth Planning
- ✓ Prenatal Nutritionists
- ✓ Mental Health Specialists
- ✓ Loss Support

POSTPARTUM

- ✓ Infant Care Advice
- ✓ Pediatricians
- ✓ Lactation Counseling
- ✓ Infant Sleep Coach

RETURNING TO WORK

- ✓ Back-to-Work Support
- ✓ Career Coaching
- ✓ Emotional Support

**Farm Bureau
HEALTH PLANS**

Tennessee