

How Maven supports high risk pregnancies

A high-risk pregnancy means that you and your baby may have a higher chance of health issues while you're pregnant, during labor, and after you deliver. This might sound scary, but you're not alone. With Maven, you'll have providers checking in on you through your entire pregnancy and offering advice to lower risks and promote good health for both you and your baby.



Risk factors for high-risk pregnancies

- Age: Being under 17 or over 35
- Existing health problems like thyroid disease, obesity, high blood pressure, diabetes, epilepsy, heart or blood disorders, asthma, and infections
- Lifestyle factors like smoking cigarettes, drinking alcohol, or using illegal drugs
- Having multiples: Carrying more than one baby during your pregnancy
- Pregnancy complications like unusual placenta position or fetal growth restriction
- Previous pregnancy-related health conditions like preeclampsia

Why getting the right support is important

Maven helps improve your pregnancy outcomes because your Maven team starts screening and monitoring for risk factors early in pregnancy. Here's what they look out for and offer:

- Early engagement and detection of hypertensive disorder risk
- Doula services supporting pregnancy, labor and delivery, and postpartum
- Connections to specialty care providers for unique needs
- A dedicated Care Advocate to help identify risk factors

With our Clinical Care model, your Maven care team will be assessing your risk and anticipating your needs. Maven members who meet with a Maven OB-GYN are 4x more likely to avoid an in-person/emergency department visit. Our programs are designed by experts, created to empower you to have the healthiest pregnancy possible.

[Join Maven today for free](#)

You can use Maven to get expert support, day or night, with:

- Creating your birth plan
- Managing your emotional wellbeing and mental health
- Keeping you healthy during pregnancy

Get the help you need for your pregnancy—for free. (Yes, seriously).



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