

Maven Menopause FAQs

- **If my partner enrolls for Maven Menopause, do I need to as well?**
No, only the person experiencing symptoms should enroll.
- **If my partner and I are both experiencing symptoms, does one enrollment cover us both?**
If you are both experiencing perimenopausal, menopausal, or post-menopausal symptoms, you should both enroll separately. The person experiencing symptoms should enroll, whether they are a Workmate, a Workmate's partner, or both partners. Partners who are not experiencing symptoms can still participate in their partner's care by attending Maven virtual appointments together.
- **Can my dependents enroll for Maven Menopause?**
Benefits-eligible dependents (partner/domestic partner and children) may enroll.
- **Do I have to use a Maven specialist or can I continue working with my in-person local provider?**
Maven acts as a complement to in-person care and will not replace your local care provider. Using Maven does not impact your insurance coverage and all Maven virtual providers/specialists are accessible to you regardless of your insurance plan selection. Maven Care Advocates can assist with referrals if you need assistance finding a local specialist.
- **What is the cost for this program?**
All virtual care through Maven is available at no cost to Workmates; this includes unlimited video appointments and messages with specialists plus content and resources within the Maven app. Maven Care Advocates can assist with referrals if you need support finding a local specialist. Standard costs for in-person care still apply and you should refer to your local insurance provider prior to engaging with a local specialist.
- **I'm experiencing andropause, should I enroll in Maven Menopause?**
At this time, Maven Menopause providers are primarily specialized in menopause. Maven is exploring expanding support for andropause in the future. Workmates experiencing andropause should refer to Workday's health and wellbeing resources and open a People Guide Request if they have questions.
- **I am transitioning and undergoing hormone replacement therapy. Can Maven Menopause support me through this treatment?**
Yes, Maven can support members undergoing hormone replacement therapy. Maven providers will provide clinically vetted education on the various medications, side effects, short- and long-term effects, and review of any pre-existing conditions.