Menopause support anytime, anywhere

We know that menopause can sometimes feel isolating, but you're never alone with Maven. You have 24/7/365 dedicated digital support from providers who specialize in the menopause journey like OB-GYNs, pelvic floor physical therapists, mental health providers, and more. There's no long wait time either, with virtual appointments available in under 2 hours. And the best part? You and your covered spouse/domestic partner have free access to Maven when enrolled in Cigna medical coverage through Stanley Black & Decker.





Early identification of menopausal symptoms and treatment guidance for chronic conditions



24/7 virtual access to providers specializing in menopause for coaching and second opinions



Care Advocates to answer questions and provide support



1:1 mental health support throughout your experience with menopause



Guided education & provider-moderated drop-in groups to connect with others on a similar journey



Activate your free Maven membership by scanning the QR code, downloading the Maven Clinic app, or visiting mayenclinic.com/join/SBD.

Stanley Black & Decker is pleased to offer this valuable benefit at no cost to Cigna medical plan participants and their dependent spouses/domestic partners. This benefit is being offered on a pilot basis, for 18 months, through June 30, 2025.



Menopause



The menopause journey: What to expect at every stage of menopause

Navigating menopause can feel like you're on a wild, winding road at times. You know you're going through a major life transition, but you don't exactly know what's coming up ahead.

Maven OB-GYN Gina Wilson says everyone experiences menopause symptoms differently and at different times (the average age is 51,