

access your maternity and family benefit

Ovia Health™ offers support for reproductive health, starting a family, having a healthy pregnancy, balancing life as a parent and managing menopause. Ovia Health apps are included in your health plan benefits, offered through Blue Cross and Blue Shield of Texas (BCBSTX).



Support for reproductive health, fertility and menopause



Ongoing support for your healthiest, happiest pregnancy



Go to resource for family & working parents

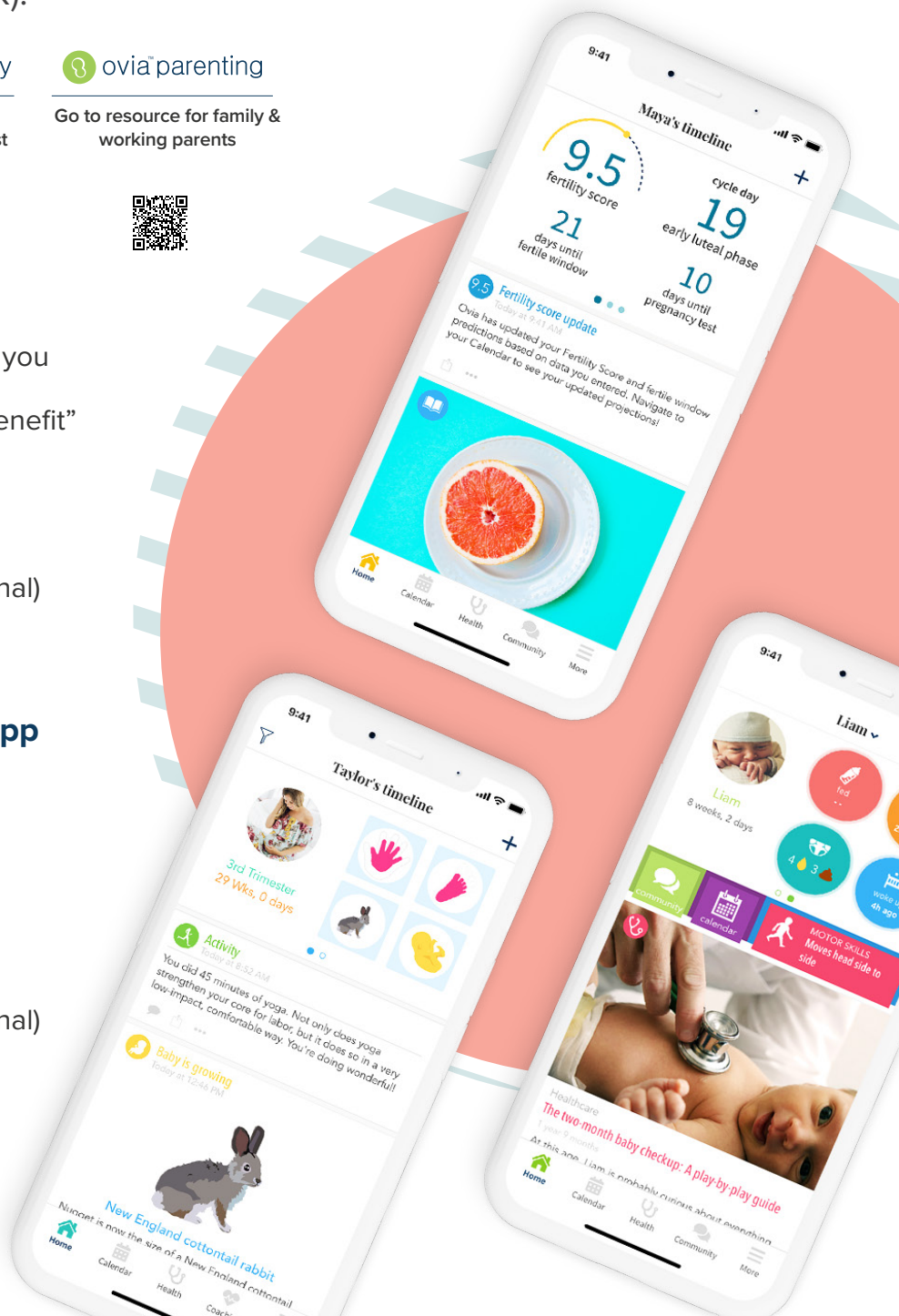


To start receiving support:

- 1 Download the app that's right for you
- 2 Select "I have Ovia Health as a benefit" during signup
- 3 Enter your health plan
- 4 Enter your employer name (optional)
- 5 Explore Ovia Health!

Already have an Ovia Health app on your phone?

- 1 Open the "more" menu
- 2 Tap "My healthcare info"
- 3 Enter your health plan
- 4 Enter your employer name (optional)



All Ovia Health members have access to these features:

- Health and menstrual cycle tracker
- Tools to help manage menopause symptoms
- Pregnancy calendar and daily baby updates
- Child's development checklist
- Daily health and wellness content
- Data and symptom feedback



With Ovia Health, you'll have access to enhanced, personalized health and wellness features:



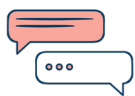
Health assessment and symptom tracking

Receive alerts and predictive, personal coaching when Ovia Health detects a potential medical issue



More than fifty physician-developed clinical programs to help you be as healthy as possible

Engage with personalized health and wellness programs to help you navigate infertility, sexual health, birth planning, preterm delivery, mental health, breastfeeding, navigating menopause and more



Unlimited 1-on-1 coaching

Message instantly or schedule a phone call with registered nurse health coaches to ask all your questions



Career and return-to-work programs

Find coaching and career advice for preparing for maternity leave, returning to work, and being a working parent

We understand that your personal health is private, and we take that seriously. You can find out more by reading our Privacy Policy.

oviahealth™