

# support through some of life's biggest transitions

Ovia+ offers support for reproductive health, starting a family, having a healthy pregnancy, balancing life as a parent, and managing menopause. Ovia+ is included in your health plan benefits, offered through BlueCross and Blue Shield of Illinois (BCBSIL).

## With Ovia+ you have access to:

- Daily personalized articles and tips to help you achieve your goals
- Unlimited in-app messaging with our team of health coaches
- Instant analysis and feedback on your health data

## 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 (required)
4. Enter your employer (optional)
5. Explore Ovia+

## Already have an Ovia Health app on your phone?

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



Support for reproductive  
health, fertility and  
menopause



Ongoing support for  
your healthiest, happiest  
pregnancy



Your go-to resource for  
parenting support

