



# support for reproductive health, fertility, & menopause

Whether you are cycle tracking, trying to conceive, or managing menopause, the Ovia® app will customize your experience to deliver personalized insights, tips, and content.



## To start receiving support:

- 1 Download the Ovia® app
- 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)





# your pregnancy partner

With Ovia® Pregnancy, you'll find answers to all your prenatal questions — read weekly updates, find symptom relief, learn what's safe to eat, share bump pictures, and try our baby name feature! Ovia Pregnancy is your pocket companion for each trimester (and beyond).



## To start receiving support:

- 1 Download the Ovia® Pregnancy app
- 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)







# your parenthood partner

Stay up-to-date and track your child's daily needs, growth, and milestones with Ovia™ Parenting. Enjoy valuable tools, content, care team support, and prepare for all the important moments, from diaper changes to those essential teenage talks.



## To start receiving support:

- 1 Download the Ovia™ Parenting app
- 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)

