

# access your maternity and family benefit

Ovia+ offers support for reproductive health, starting a family, having a healthy pregnancy, balancing life as a parent and managing menopause.



Support for cycle tracking and reproductive health, fertility, and menopause



Ongoing support for your healthiest, happiest pregnancy



Your go-to resource for preparing to parent and parenting support



## Get started with Ovia+

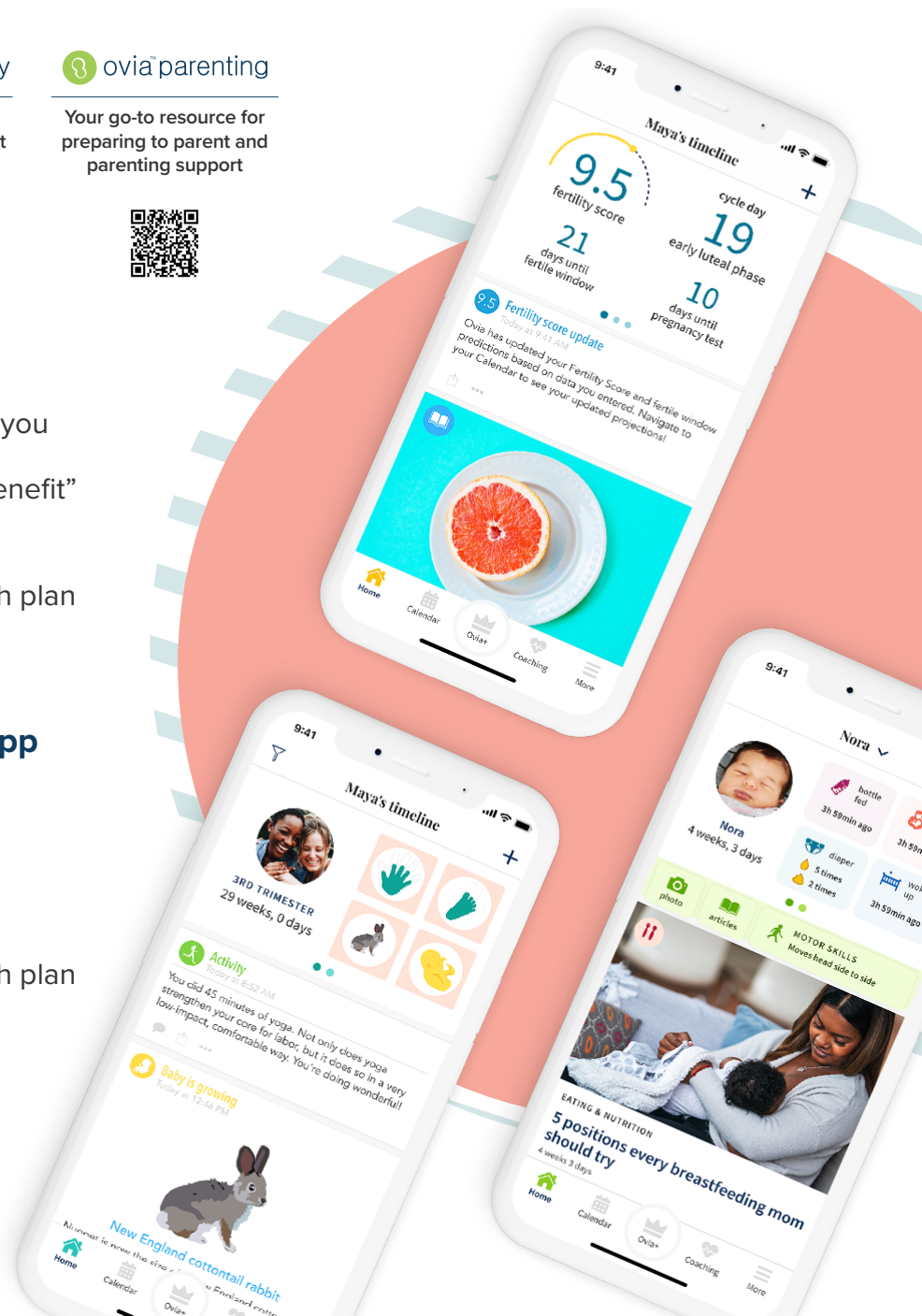
- 1 Download the app that's right for you
- 2 Select "I have Ovia Health as a benefit" during signup
- 3 Enter your employer and/or health plan
- 4 Explore Ovia+

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

- 1 Open the "more" menu
- 2 Tap "My healthcare info"
- 3 Enter your employer and/or health plan



ES | Ovia Apps are available in Spanish



## All 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+ 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, menopause and more



### Unlimited 1-on-1 coaching

Message instantly with our team of health coaches to ask all your questions



### Benefits library

Learn about and access your other company benefits from one centrally located, easy to find place



### 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.