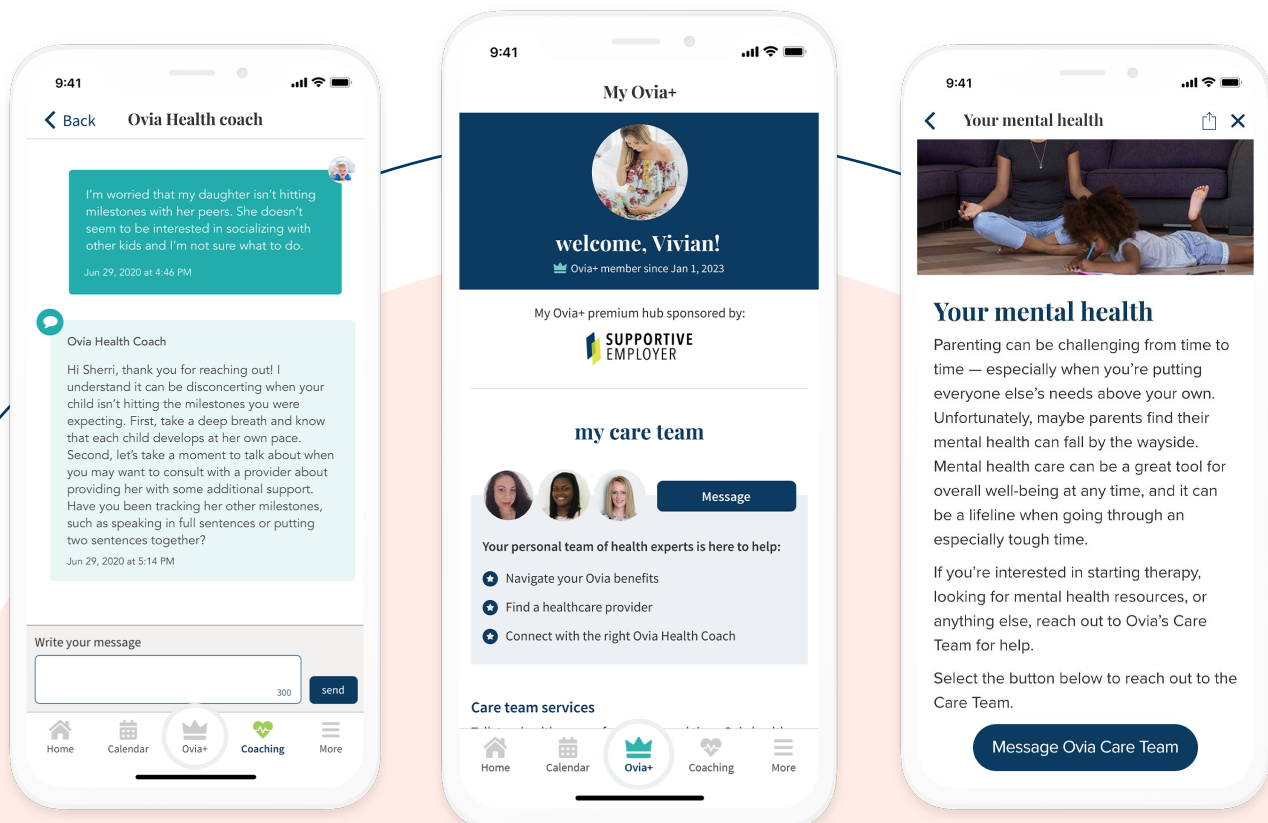


# Ovia Health Coaching

Available every day by in-app messaging, or by phone and video appointment

Ovia Health’s comprehensive health solution includes one-on-one daily support from expert women’s and family health coaches to prevent gaps in care and improve overall well-being.

- Available 7 days a week, 365 days a year
- In-app messaging, phone, and video options
- English and Spanish
- Racially concordant and culturally responsive care
- Diverse specializations
- Proactive outreach
- Employed in-house to ensure consistency of care



**Ovia Health offers concierge services and health coaching spanning the full spectrum of women's and family health** from preconception through menopause. Our virtual services and 1:1 health coaching are offered on an unlimited basis through in-app messaging and phone or video consult, 7 days a week.

## Preconception through menopause

- Preconception health and pregnancy readiness
- Fertility and infertility support
- Prenatal health
- Birth plans
- Postnatal health and postpartum recovery
- Lactation
- Birth control and birth spacing
- Menopause

## Parental well-being for children ages 0-17

- Infant sleep and parent fatigue
- Working parents support:
  - Return to work programs
  - Parent-work balance
- Parenting alone
- Co-parenting
- LGBTQ+ support
- Childcare decision support

## Concierge and personal health assistance

- 1:1 virtual health services
- Care Finder to discover in-network providers
- Unlimited support via in-app messaging and phone or video consult
- Benefits navigation
- Available 7 days a week
- Specialists available for lactation, sleep, mental health, and more

Members may chat with an Ovia Health Coach at any time. Your dedicated Care Team also proactively leverages Ovia Health's predictive analytics platform to engage and intervene, and is available to help you create a custom care plan for whichever journey you're on.

Ovia's in-house, culturally responsive Care Team not only provides health expertise, but also psychosocial support to build relationships and trust, and break down barriers to self-advocacy, empowerment, and care.



**Speak with a health coach today by tapping the Coaching icon in your Ovia app.**

