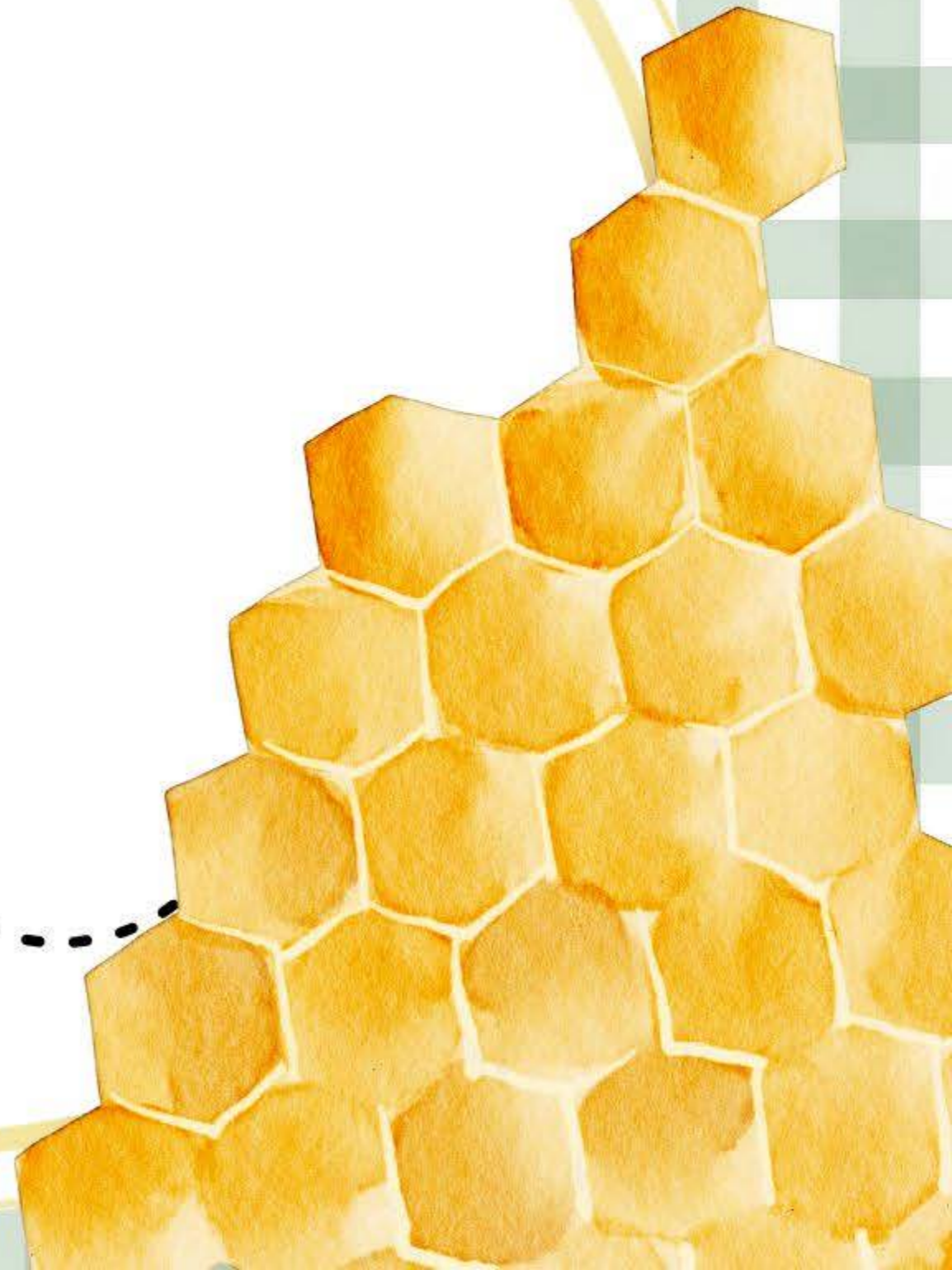
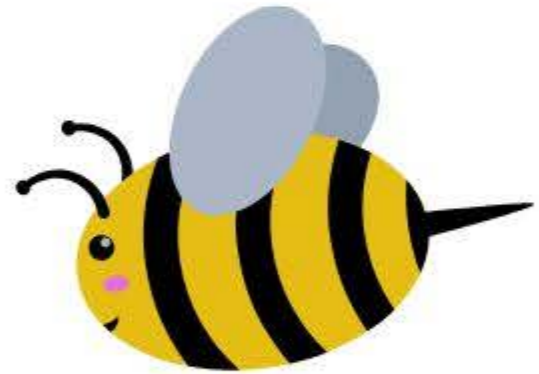
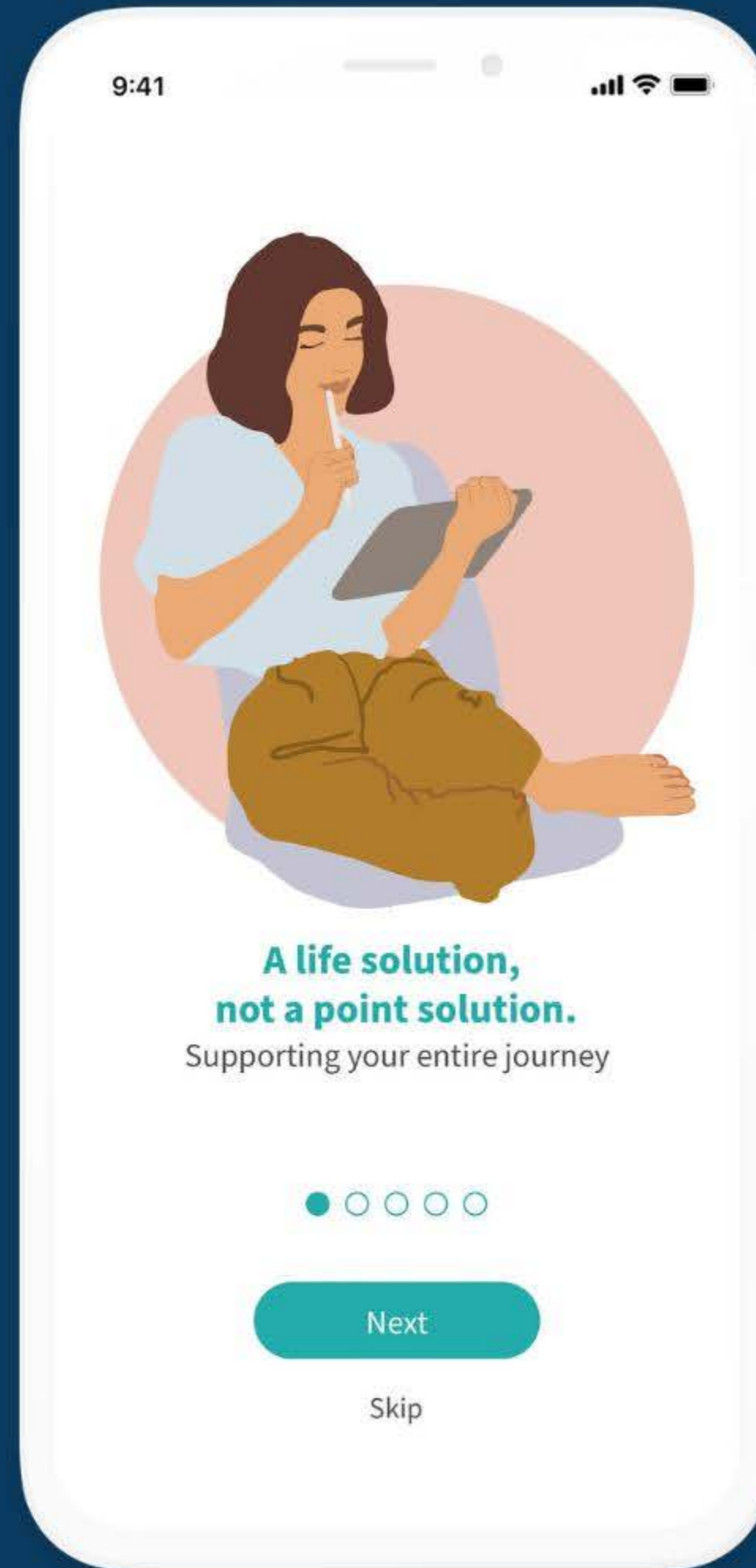




ovia<sup>®</sup>



the most loved and trusted  
health companion for  
women's health and family  
care



oviahealth™

# one platform for end-to-end women's health and family care



**Cycle Tracking**



**Trying to Conceive  
& Family Building**



**Pregnancy**



**Postpartum**



**Parenting**

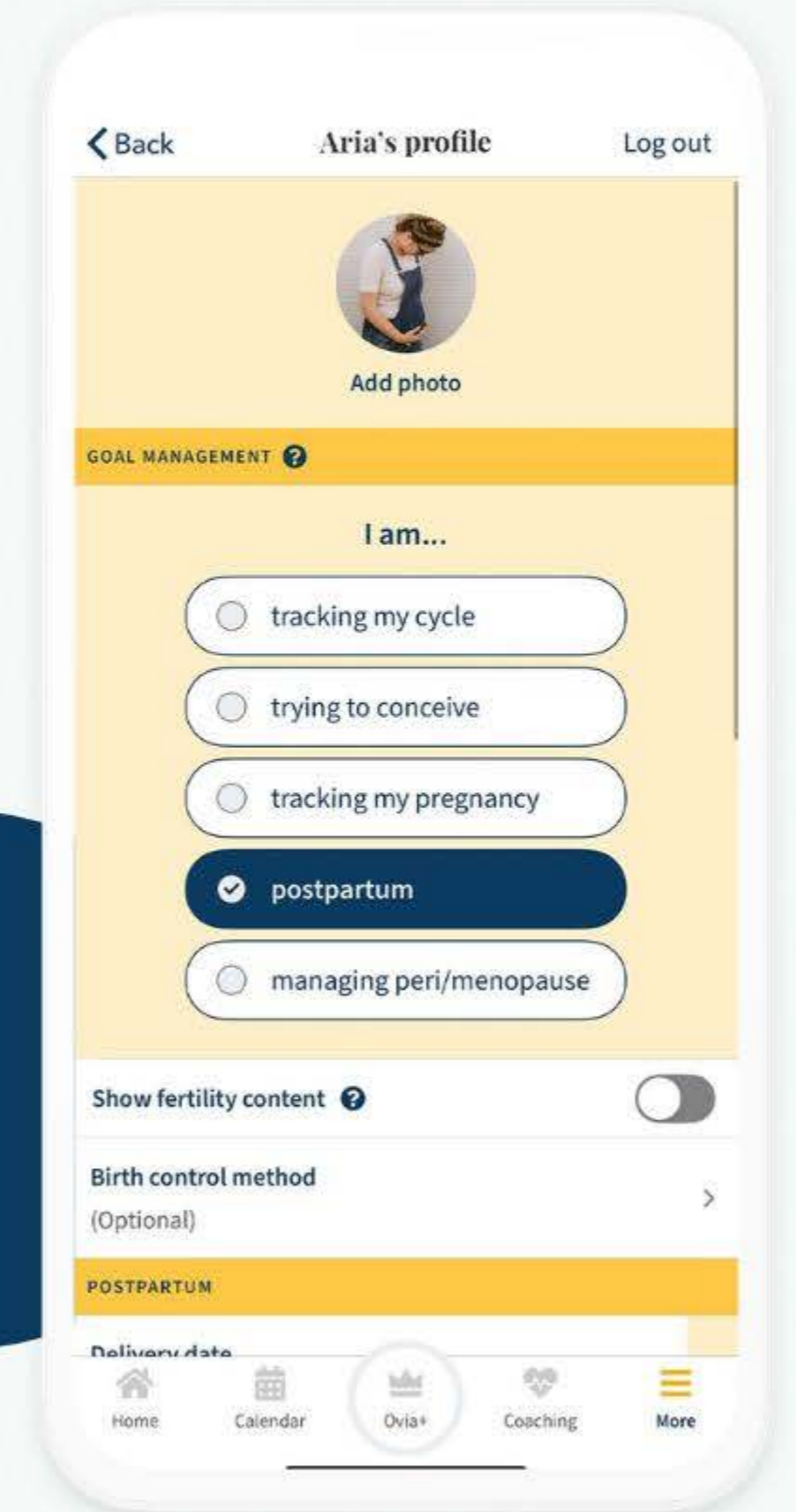


**Perimenopause &  
Menopause**

# introducing the new Ovia



**Ovia now incorporates the full Ovia Pregnancy experience,** giving members one place to track their entire journey from cycle tracking, pregnancy, postpartum, perimenopause, menopause and beyond.



# fertility, family building, and reproductive health

Knowledgeable support for wherever you are on your path

oviahealth™



## The IUD: Everything you need to know

Looking for birth control that doesn't include taking a pill every day? An IUD (intrauterine device) might be the right fit for you. It's a small device that's placed in your uterus to prevent pregnancy. First created in 1909, IUDs are a safe and effective option

oviahealth™



vorDa / E+ via Getty Images

[Topics](#) > [Trying to conceive \(TTC\)](#) > [Alternative family](#)

## Choosing your sperm donor

You've decided to expand your family and you just need one thing to make it happen – sperm. As you set about choosing your sperm donor, the good

oviahealth™



blackCAT / E+ via Getty Images

## Body acceptance when TTC

 **An interview with**  
Elaine Bishop

When you make the decision to try for a baby, you're likely to receive a lot of advice from (mostly very well-meaning) friends and family. But with so many

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[Topics](#) > [How to use Ovia Fertility](#)

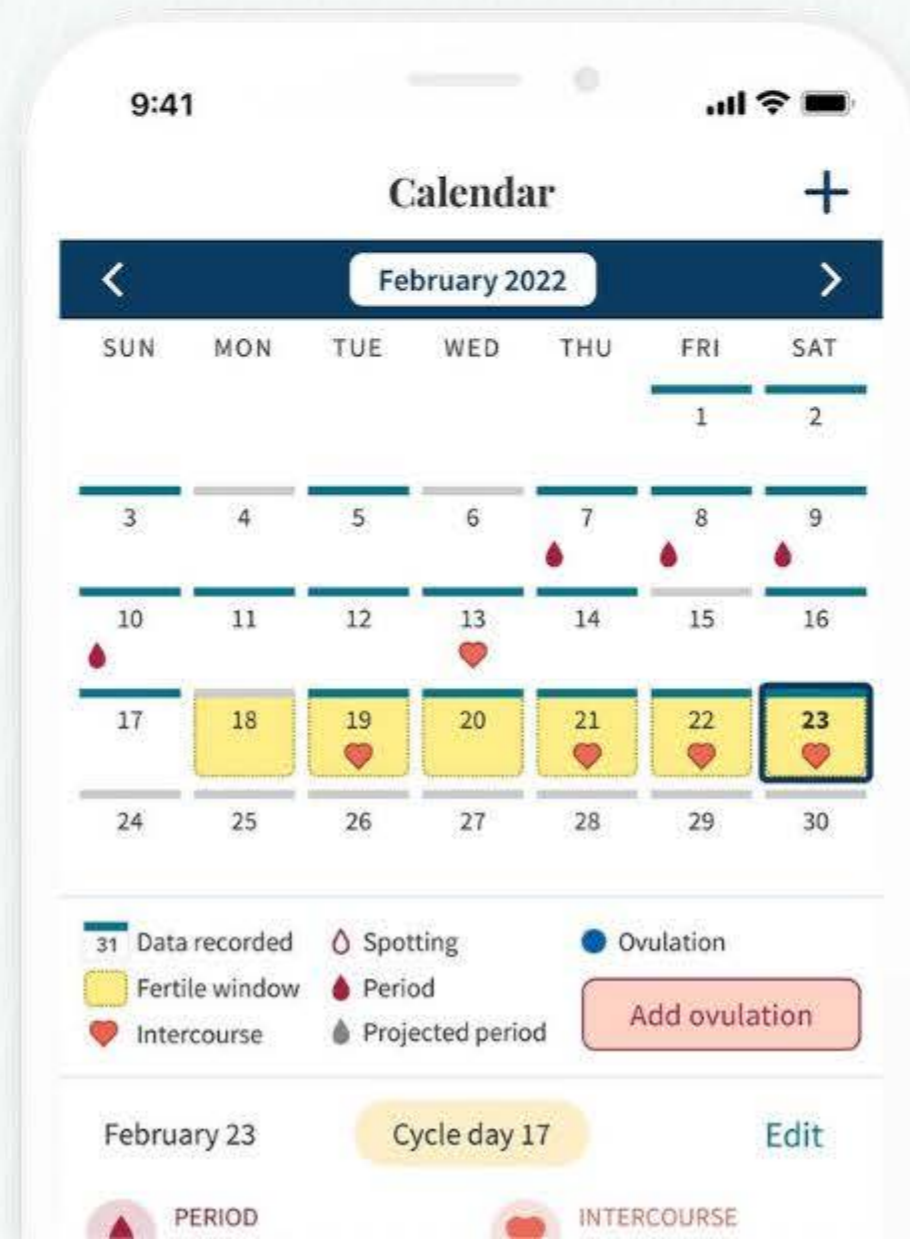
## How to use your fertility chart

[Ovia Fertility](#) makes it easy to track your fertility and get accurate ovulation and fertile window predictions. Your fertility chart is an important part of that because it contains all of your fertility data in one place, allowing you

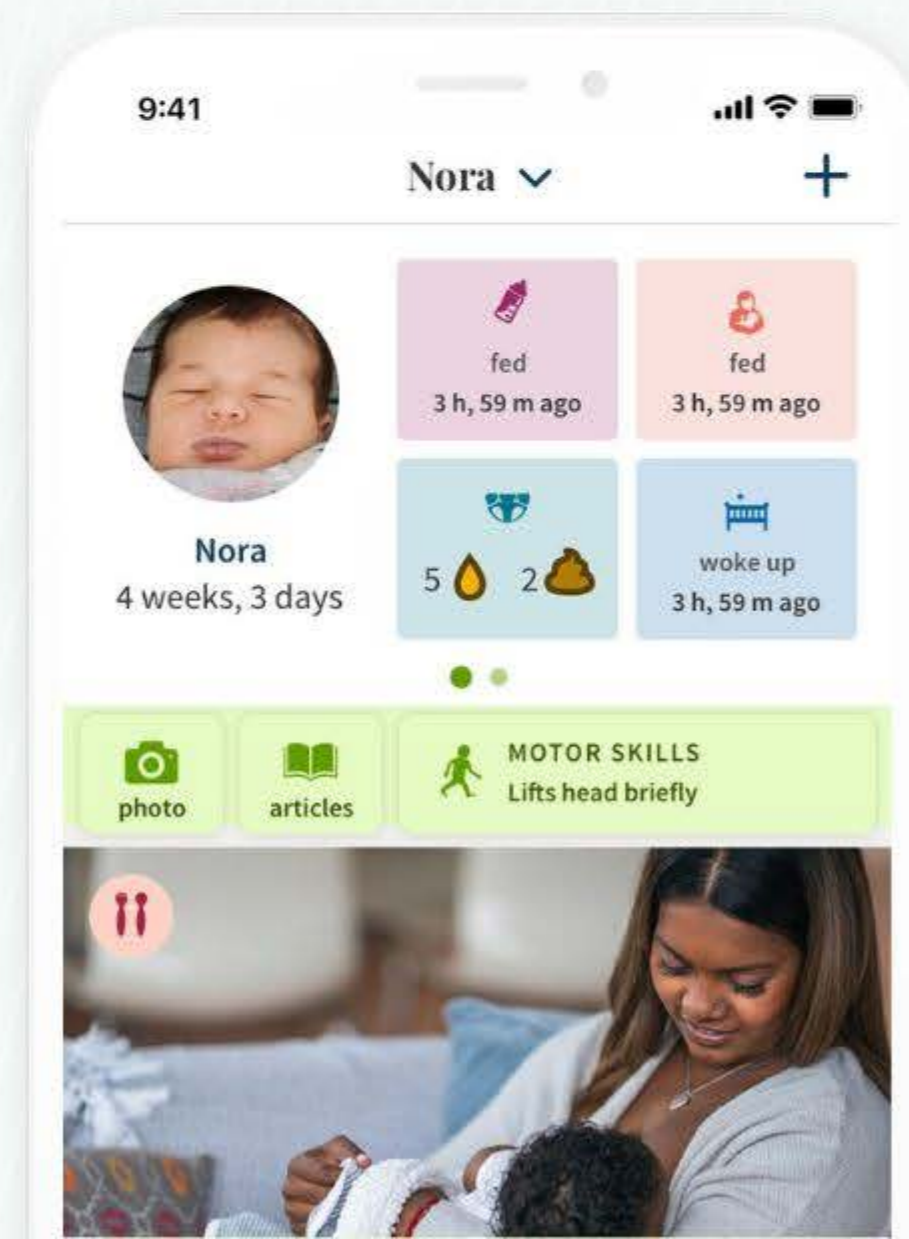
# a new, unified Ovia & Pregnancy experience



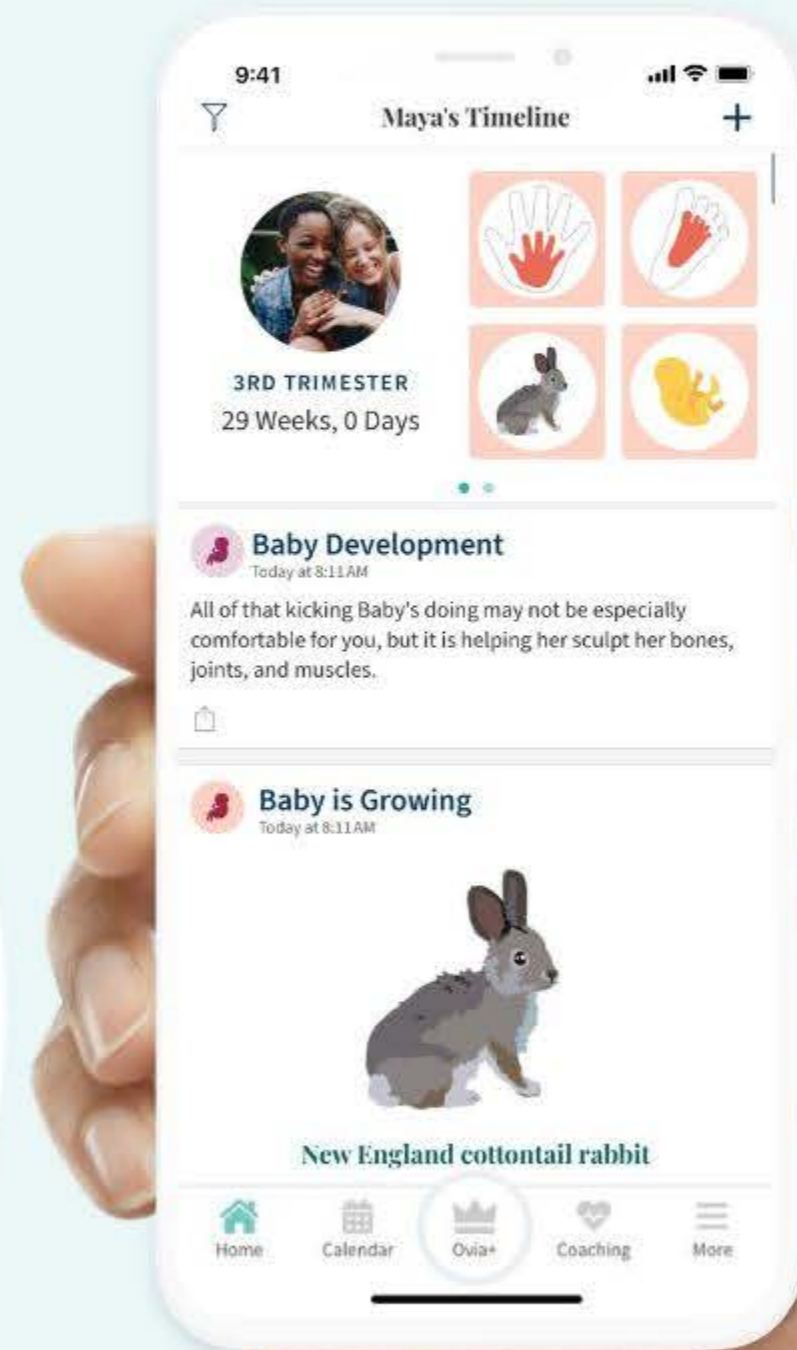
Ovia for cycle tracking, trying to conceive, pregnancy, postpartum health, and managing menopause



Ovia Parenting for you and your children's health and milestones (up to age 18).



# pregnancy & perinatal health



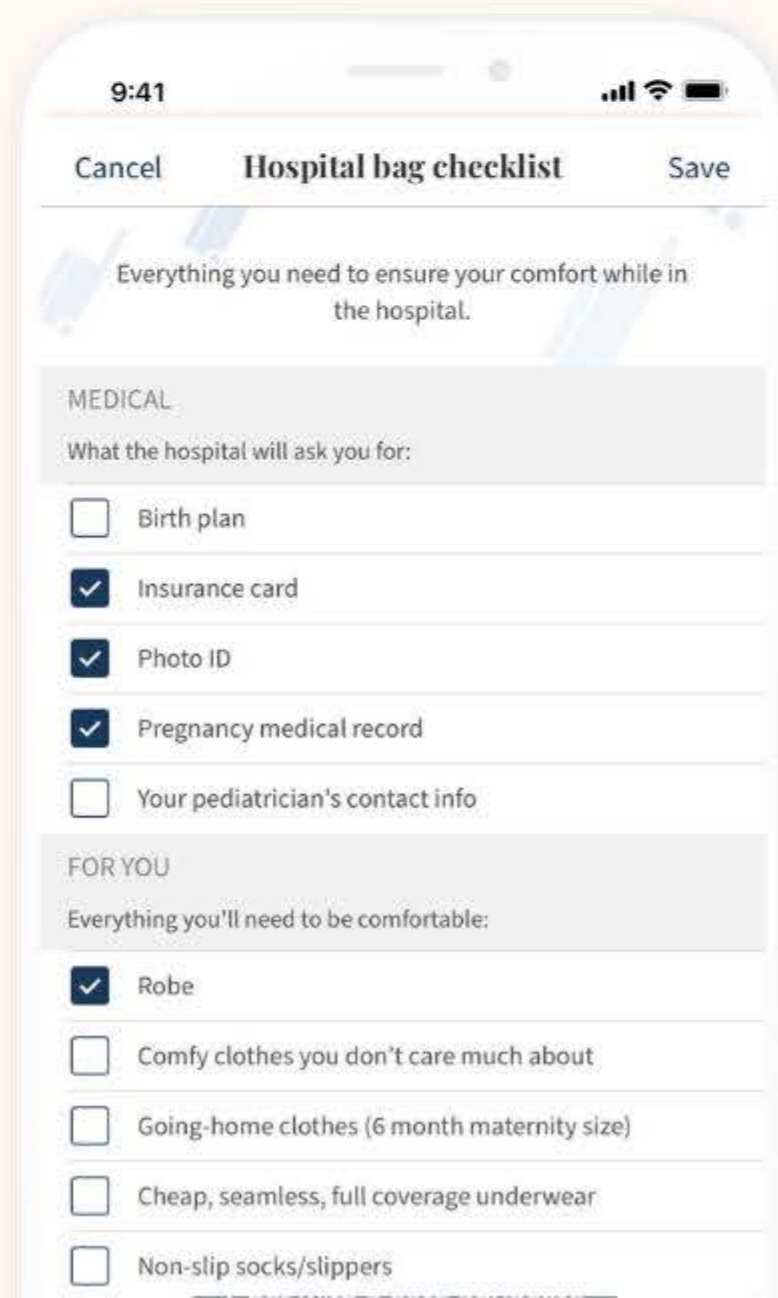
- Watch your baby grow
- Follow your pregnancy progress with weekly updates
- Track key pregnancy health info: symptoms, exercise, nutrition, sleep, medication, kicks, contractions, and more
- Talk to health coaches who specialize in labor and delivery, lactation, birth planning and more

# a look inside...

Ovia Health supports your family health with fun, helpful features to make the path to parenthood easier and even more joyful.

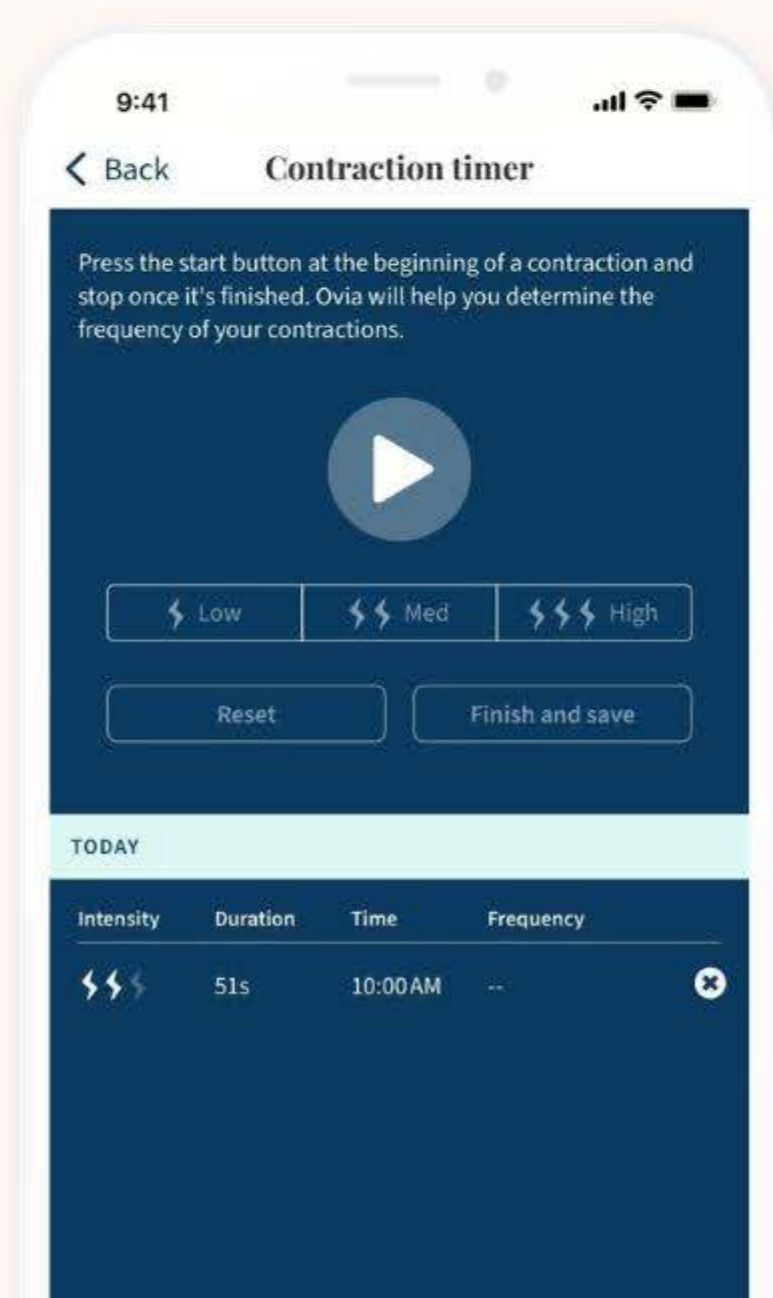
## Hospital bag checklist

Pack your bags for your stay with our interactive checklist



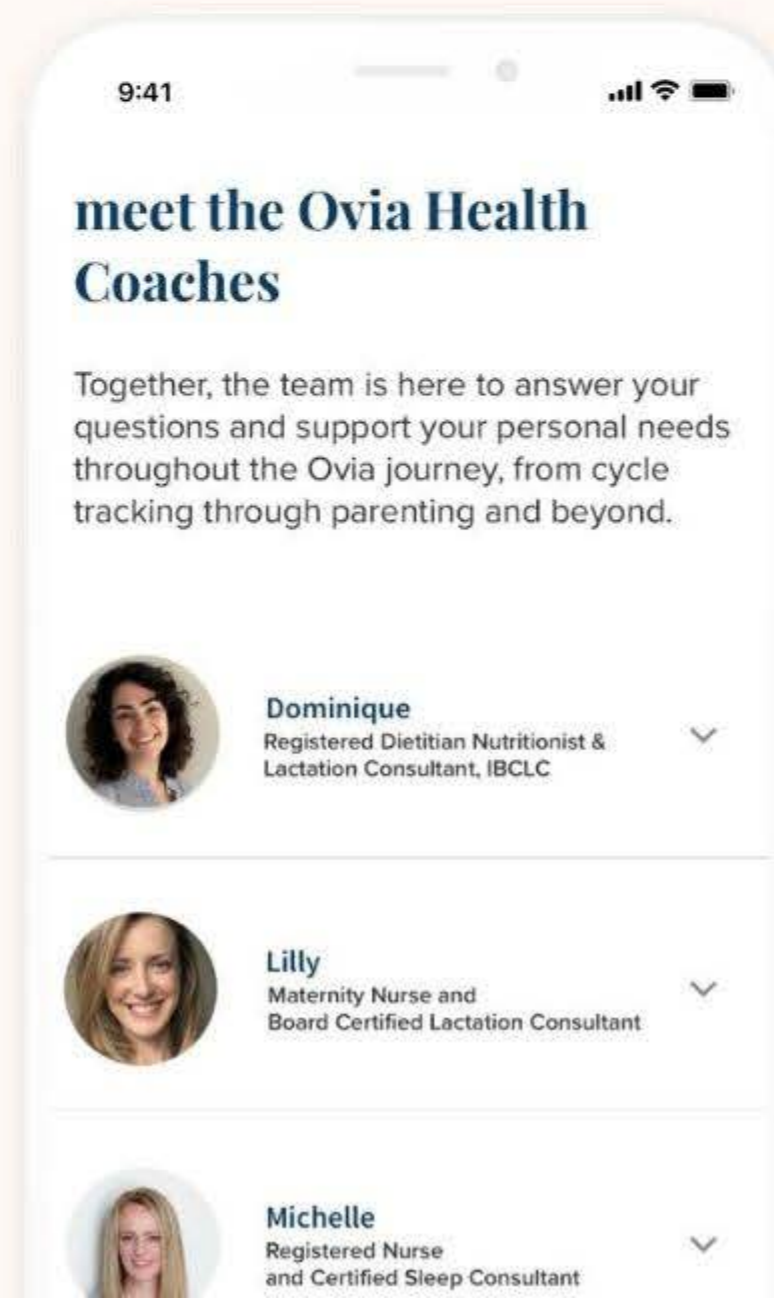
## Contraction timer

Track the how long, the consistency and intensity of contractions



## Care Team support

Connect with Ovia's Care Team to help navigate as you head into labor



## Education

Education and support to help identify what you are feeling and how to advocate



# the Ovia Postpartum Experience:

a personalized, 12-month comprehensive care program  
Because postpartum can't be solved in one visit



A **week-by-week birth recovery plan** specific to your journey and personalized health checklist



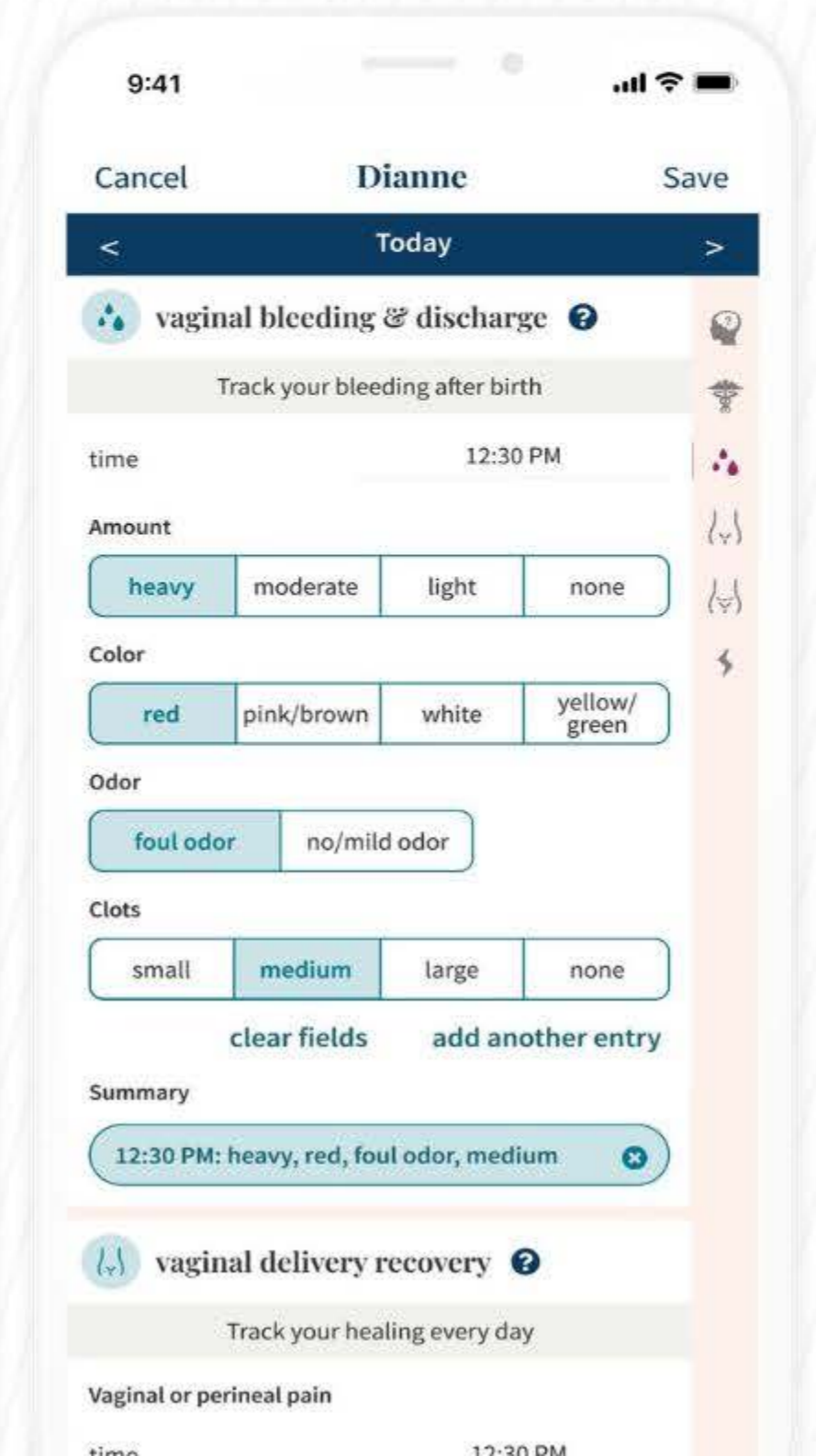
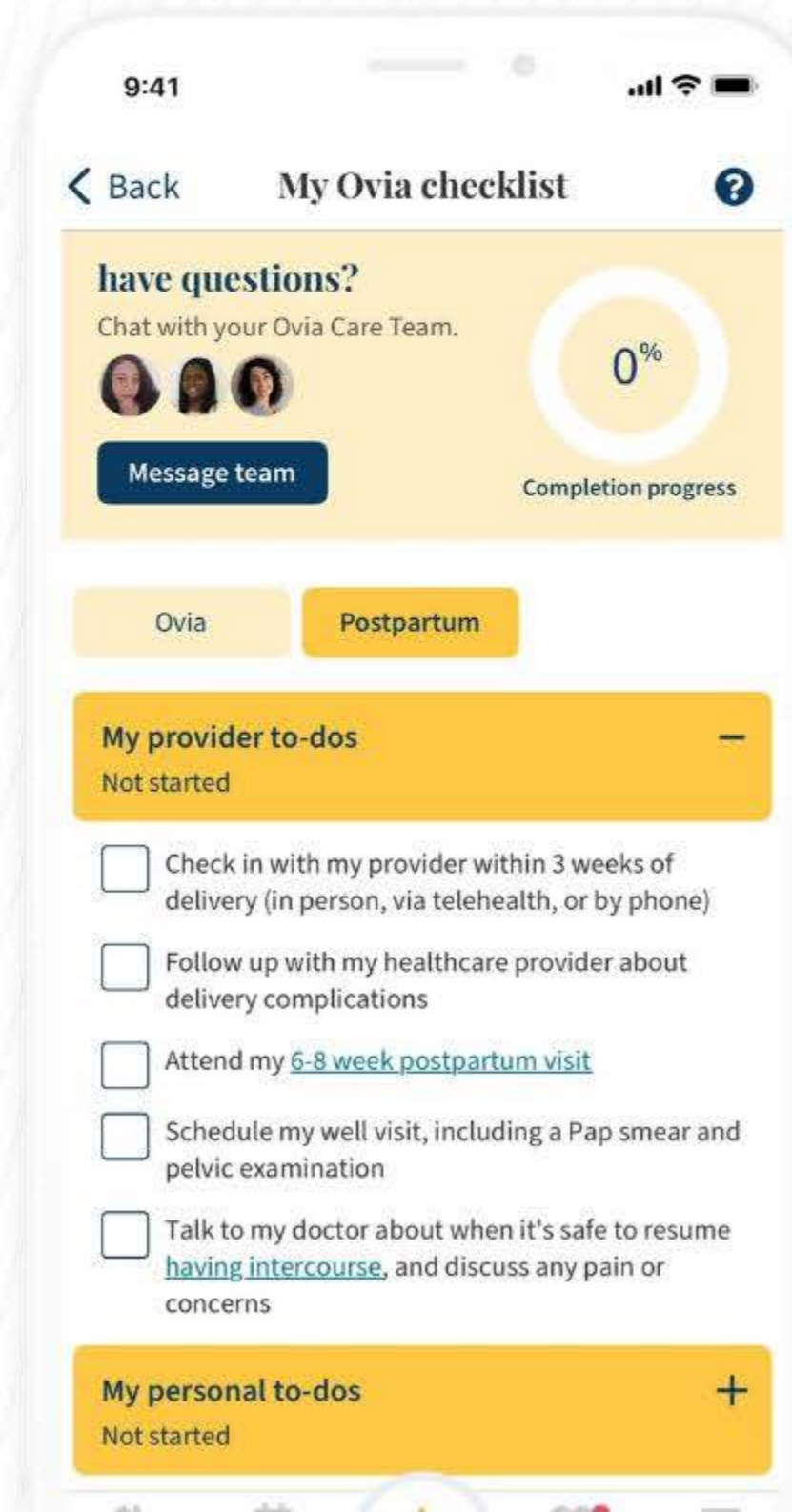
Postpartum **educational content and data logging** to identify concerns for earlier intervention



**Postpartum depression screening** that aligns with AAP guidelines



**1:1 support with Ovia's Care Team**, including perinatal mental health specialists, infant feeding support with lactation consultants and sleep consultant support



# dedicated **care team** for the entire journey & unlimited access to our specialized experts

**Led by our Chief Medical Officer and include:**

Coaches to help with lactation, baby sleep, nutrition, and benefits

Nurses with expertise in:

- Midwifery
- Pediatrics
- Fertility and pregnancy
- Labor, Deliver and postpartum
- Perinatal psychiatry
- Menopause

- Available 7 days a week, 365 days a year
- English & Spanish
- Culturally sensitive / Racially concordant
- Subject matter expertise and psychosocial support
- Asynchronous messaging and Live support available
- Inclusive of all parenting pathways



# making work and life work

## Returning to work

- Helpful tips to plan the details of your return in advance
- Lactation and baby sleep coach support
- Understanding your benefits: leave policy, lactation rooms and more
- Childcare planning and building your village
- Mental health support



# sign up today!

Ovia Health is here to guide and support you through all of life's moments. Find the app that's right for you:

- **Ovia** for cycle tracking, trying to conceive, pregnancy, postpartum health, and managing menopause
- **Ovia Parenting** for you and your children's health and milestones (up to age 18).

**Enroll today**



- 1** Create your account online & verify your employer is Mesquite ISD or MISD during signup
- 2** Download the Ovia app that's right for you
- 3** Sign in and complete your health assessment for more personalized care
- 4** Enjoy your Ovia health premium benefits!



thank you

[www.oviahealth.com](http://www.oviahealth.com)

[support@oviahealth.com](mailto:support@oviahealth.com)