

# Ovia menopause solution

**Overcoming stigma & information gaps to lower costs & improve outcomes**

Educate, support, and guide women to understand and effectively manage menopause with confidence

## **Educational resources & content**

Evidence-based guidance & education designed and reviewed by Ovia Health's in house clinical team providing content and information that is tailored to her menopause journey.

## **Comprehensive health tracking & data feedback**

Ability to track symptoms, moods, sleep, exercise, nutrition, medications, relationships and more in order to keep record and recognize patterns.

Personalized data feedback based on what was tracked will educate on potential triggers of symptoms and help identify less commonly known symptoms as coming from menopause.

## **One on one support & treatment navigation**

Ovia health experts leverage dynamic member risk profiles for continuous, coordinated guidance with on-demand support, predictive intervention and provider recommendations.



**For more information,  
download the Ovia app or email  
[support@oviahealth.com](mailto:support@oviahealth.com)**