



Ovia supports  
parenting  
children from  
ages 0-17

# support for every parenting journey

## With Ovia™ Parenting

Ovia is designed to support you throughout your entire family health journey, from preconception through your child's high school graduation.

Through daily education, proactive health coaching, and concierge services, Ovia's programming is inclusive of parenting children of all ages, abilities, and family structures.

## Choose the path that's right for you

Ovia's Parenting solution is designed to help you pick and choose what you need at each point throughout life as a parent.



Health and milestone tracking



Peripartum and early childhood coaching



Clinical education



Lifestyle concierge services



Community

### Infancy (>1)

#### Early childhood (1-4)

#### Middle childhood (5-10)

- Developmental milestones and growth tracking
- Potty training and tracking
- Baby sleep and lactation counseling
- Well-child visits and vaccinations
- Fostering healthy eating habits
- Behavior support
- Schooling and education

### Adolescence (11-17)

- Puberty
- Social media
- Mental health
- HPV vaccine
- Middle school to high school transition
- Drugs and alcohol
- Dating and relationships

### For parents

- Managing stress and anxiety as a parent
- Parental well-being and resilience
- Co-parenting
- Maintaining your relationship
- Navigating food/housing instability and accessing WIC
- Financial planning

**Everyday support from Ovia's Care Team, with expertise ranging from early childhood development, nutrition, lactation, sleep, benefit navigation, and more.**



### Not yet an Ovia parent?

Download the app to get started and be sure to select "I have Ovia Health as a benefit" when signing up to unlock these features and more.