



your pregnancy partner

Maternity app to support your entire pregnancy journey — included in your health plan benefits, offered through Blue Cross and Blue Shield of Texas (BCBSTX)

- ✓ Watch your **baby grow week by week**
- ✓ Read **daily personalized** articles & tips
- ✓ Look up **food and medication safety**
- ✓ Watch **supportive weekly videos** about your pregnancy
- ✓ Learn about your **health plan benefits**



features



Weekly baby size comparisons and development summaries



Return-to-work planning tools and career support



Health tracking: symptoms, moods, activity, medication, and more!



50+ physician-developed health and career programs



Instant feedback on your symptoms and alerts when Ovia detects a potential medical issue



Unlimited in-app coaching and telephonic support

your **Ovia** Pregnancy journey



- Sign up for **Ovia® Pregnancy** (make sure to select BCBSTX as your health plan and enter your employer name [optional] to get full access!)
- Take the **Ovia Health™ Assessment** and **enroll in health programs** tailored to your results
- Read **personalized articles** about your pregnancy and your relevant employer benefits
- Receive **instant feedback** on your health data and get **support from your Registered Nurse health coach** via in-app messaging and scheduled telephone calls
- Watch baby grow and learn about their **daily and weekly development**
- **Count down until the big day!** (and get ready for the move to Ovia Parenting)

Download Ovia Pregnancy on your smartphone, indicate that you have Ovia Health as a benefit, and enter your health plan and employer information (optional) for full access to your health and maternity benefits!

