

the most loved and  
trusted **health companion**  
for women and families.



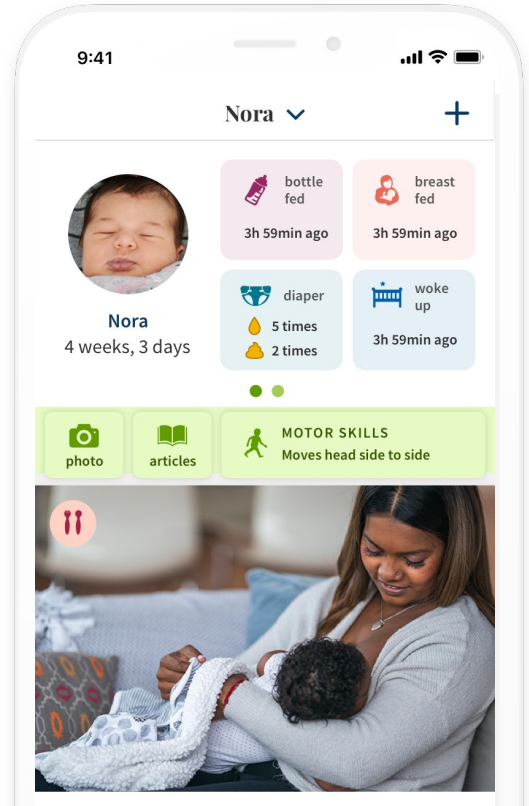
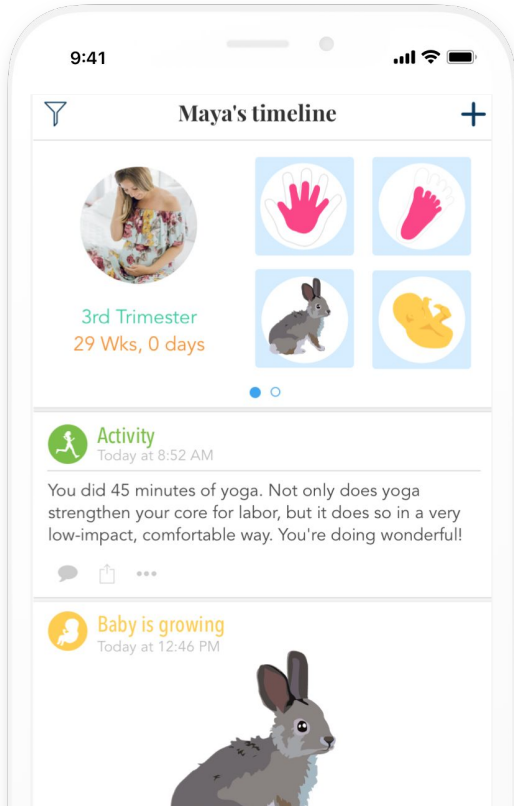
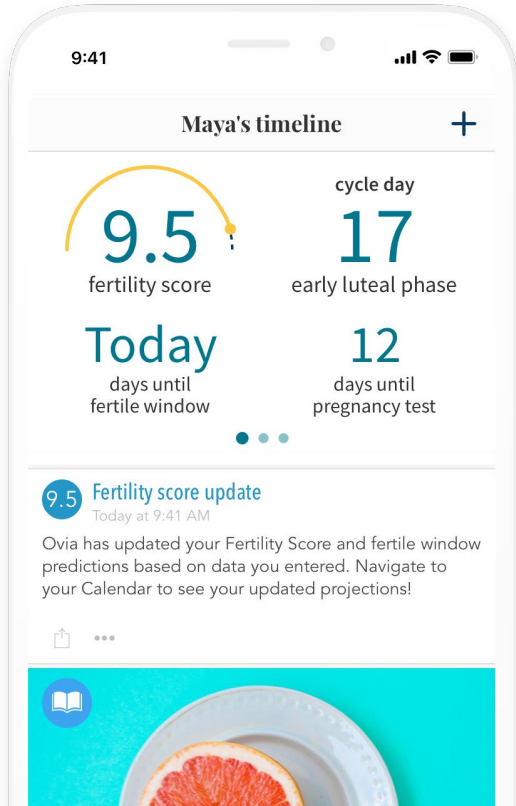
oviahealth™

**designed to guide you  
through some of life's  
biggest transitions**



from planning and starting a family, navigating pregnancy, balancing life as a working parent, and managing menopause

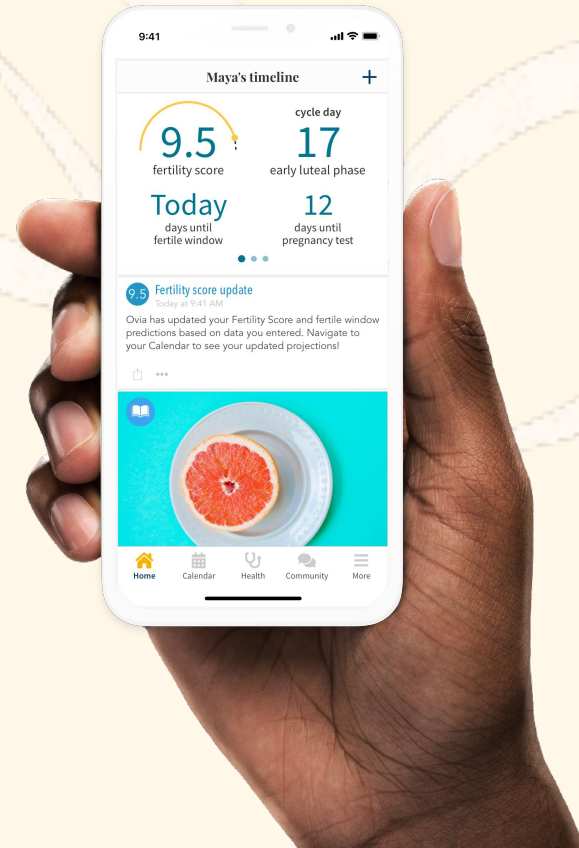






# Ovia

- Each member will enter a personalized journey based on three key areas of reproductive health: trying to conceive (TTC), not trying to conceive (non-TTC), and menopause.
- These custom journeys or “modes” will ensure members are receiving custom and relevant content that most closely aligns with their current needs.
- Ovia offers support reproductive health, including pre-conception, looking to conceive, conception and perimenopause/menopause.

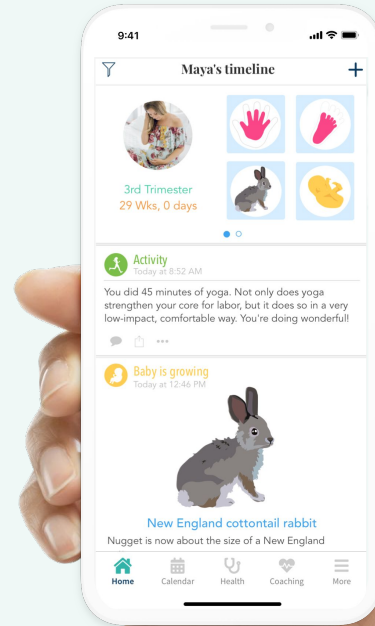


\* App and coaching available in Spanish



# Ovia Pregnancy

- Watch your baby grow, track your health and progress, and talk to a health coach for support through every pregnancy milestone.
- Ovia Pregnancy supports healthy pregnancies by providing timely articles, health and wellness tips, weekly pregnancy updates, and unlimited health coaching.



\* App and coaching available in Spanish



# Ovia Parenting

- Track newborn and infant health, find answers to your parenting questions, and receive personalized, age-specific guidance from our in-house experts.
- Ovia Parenting supports families with baby health tracking, clinically-backed parenting articles, age-specific tips and guidance, and unlimited health coaching for parents of children ages 0-17.



\* App and coaching available in Spanish

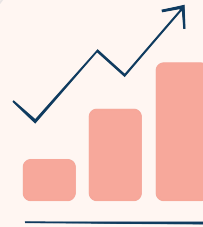
# with Ovia Health, you have access to...



**Daily personalized  
articles & tips to help  
you achieve your  
goals**



**Unlimited in-app  
messaging with a  
Registered Nurse  
health coach**



**Instant analysis &  
feedback on your  
health data**



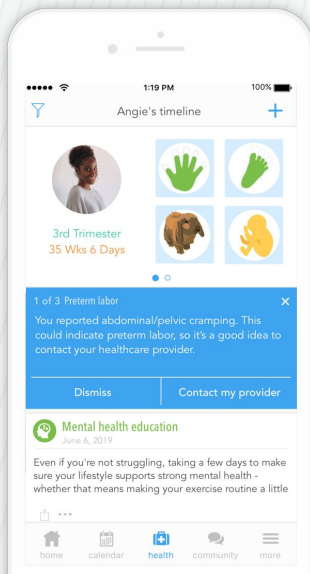
**Information about  
your fertility,  
maternity & family  
benefits**



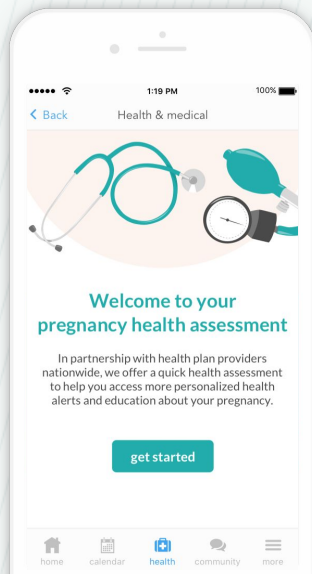
# a look inside...

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

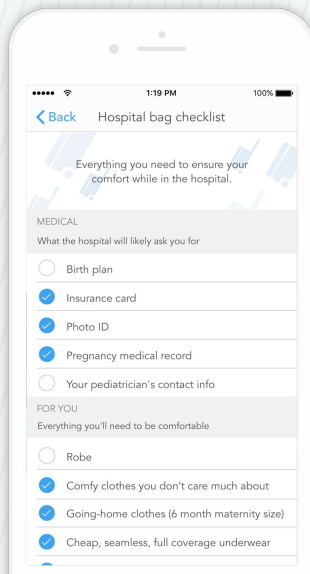
New health prompts, articles, and daily tips



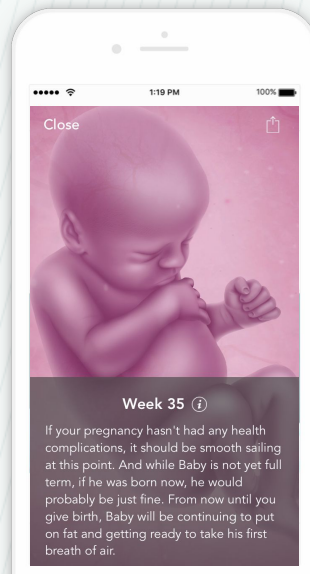
Health assessment to customize your experience



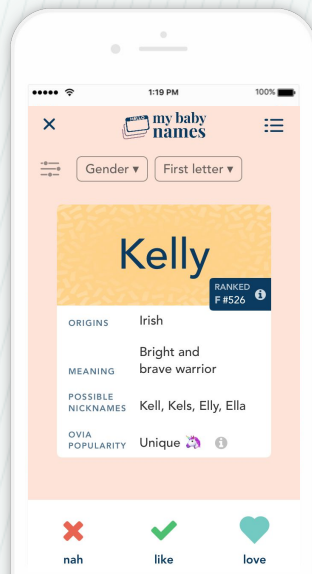
Helpful tools like hospital bag and food safety checklists



Weekly growth updates & size comparisons



Fun features like a baby name finder, community, and more





# from our members

**“ Not to be melodramatic, but Ovia saved my life.**

I had light spotting not long after I found out I was pregnant and when I logged in my symptoms, it strongly urged me to call my doctor. I probably would have ignored it for at least a week before calling my doc...thank you, Ovia, for truly saving my life.

**“ As a physician, I feel comfortable that Ovia’s clinical programs are evidence-based**

and provide navigation to the appropriate care when a potential health issue is detected.

**“ So helpful being pregnant for the first time.**

Now that our little one is here I've been using Ovia Parenting. Let me tell you, it is just as helpful if not more! It has a timer so I can time how long I'm breastfeeding, how many wet/dirty diapers he is having in a day. It also has great tips for postpartum!

**“ I got pregnant!**

My husband and I had been trying to conceive for over 15 months with and without help. I kept track using Ovia for the last 3 months of our trying-to-conceive journey and on month 3, I got pregnant!

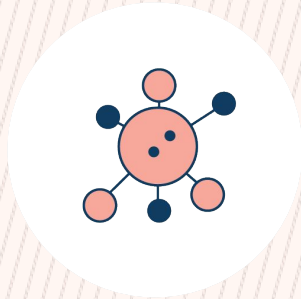
# a note on COVID-19

To support the health and safety of our Ovia community, we've created several resources to help members understand the impact of COVID-19, whether you're tracking your cycle, trying to conceive, currently pregnant, or already a parent.



## COVID-19 vaccine guide

Get the relevant information you need to know about the vaccines.



## COVID-19 resource center

A hub for all our latest articles & instant access to the symptom tool and coaching



## 1:1 unlimited health coaching

Our coaches are being continuously trained on the latest COVID-19 guidelines & information



## Community support

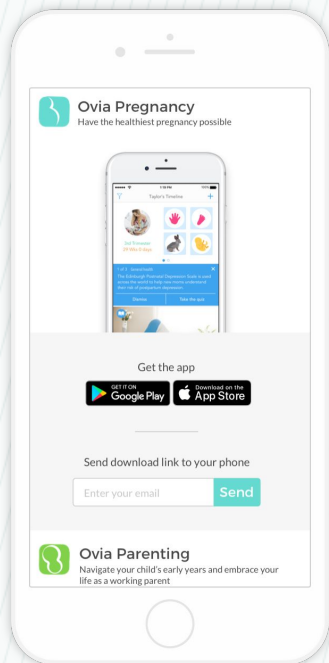
We're listening to our members and updating our resources based on feedback every day

# join Ovia today!

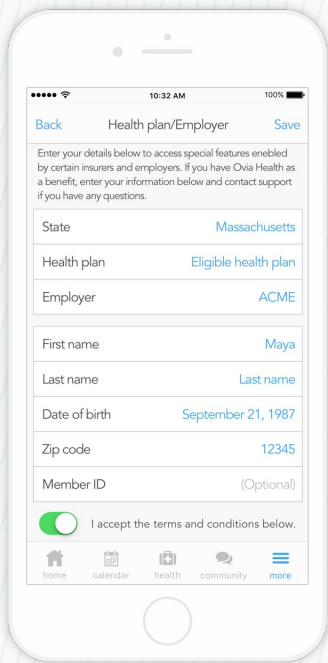
## how to sign up

- 1 Download the Ovia app that's right for you
- 2 Select "I have Ovia Health as a benefit" during signup
- 3 Enter your employer and/or health plan
- 4 Enjoy your Ovia health premium benefits!

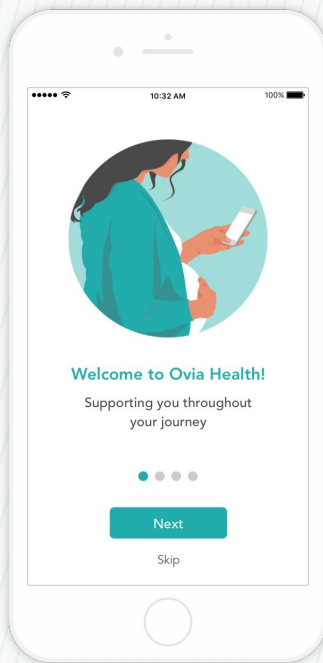
# getting started with ovia health



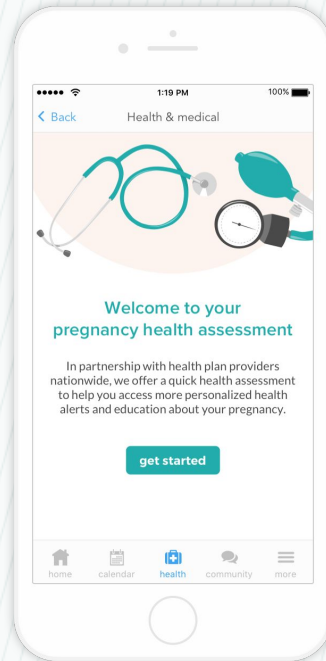
Download the app



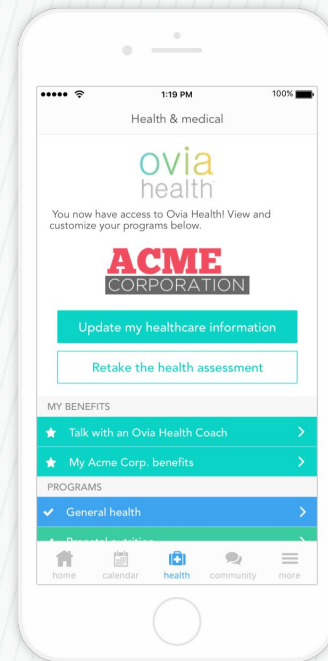
Register with  
your benefit  
provider



Take a tour



Take a health  
assessment



Access your  
personal program

# already using Ovia?

Unlock access to more features immediately, including unlimited 1:1 coaching with our team of health coaches.

- 1 Open the "more" menu
- 2 Tap "My healthcare info"
- 3 Enter your employer or health plan
- 4 Explore the premium Ovia Health features!

oviahealth™

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**we believe that**  
**every woman, parent, and child**  
**deserves equal care, longitudinal support,**  
**& life saving interventions**  
**that consider their reproductive, emotional,**  
**financial, & family wellbeing.**

Visit <https://www.oviahealth.com/apps> to learn more