

# describing Ovia Health

**Looking to talk about Ovia Health? Feel free to use any of these approved blurbs in your social media or communications channels.**

## Ovia Health overview

Ovia Health is an individual and family health benefit designed to guide you through some of life's biggest transitions: planning and starting a family, navigating pregnancy, balancing life as a working parent, and managing menopause.

Within Ovia Health's three apps, you have access to clinically-backed content, personalized health insights, and unlimited support from Ovia's team of health coaches, including registered nurses and certified nurse midwives.

Download the Ovia app that's right for you. After you register, select "I have Ovia Health as a benefit" to gain access to premium features.



### Describing 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.



### Describing 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.



### Describing 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.