

# your parenthood partner

Track baby's day with Ovia™ Parenting so you always know when the next feeding, nap, or diaper change is coming. Record important developmental milestones and sweet family pictures from birth to teenage years.

## features



Baby health tracking:  
feedings, diapers, and sleep!



Follow your child's development  
and learn what's next



Navigating transitions:  
from elementary to middle  
and middle to high school



Mental health support for  
parents and kids – including  
preteens and teens



Return-to-work planning tools  
and career support



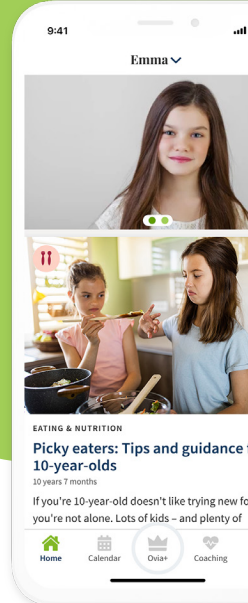
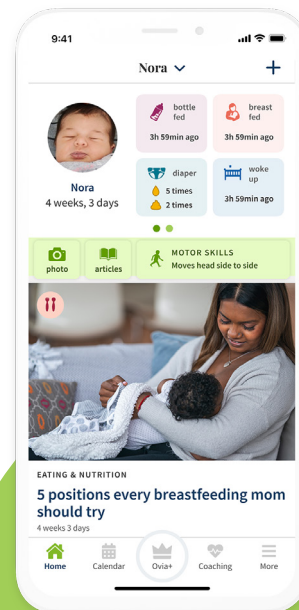
Unlimited in-app coaching  
with our Care Team





# your Ovia Parenting journey

- Sign up for **Ovia+** (make sure to enter your employer and/or health plan to get full access!)
- Take the **Ovia Health™ Assessment** and enroll in health programs tailored to your results
- Read **personalized articles** about your family's health and your relevant **employer and health plan benefits**
- **Chat with our Care Team** about all your health questions
- Track your child's development and **check off milestones and progress**
- Receive tools and **support for work-life balance and navigating life** as a new parent!



Download Ovia Parenting on your smartphone, indicate that you have Ovia Health as a benefit, and enter your employer and/or health plan for full access to your health and family benefits!