

your pregnancy partner

With Ovia® Pregnancy, you'll find answers to all your prenatal questions — read weekly updates, find symptom relief, learn what's safe to eat, share bump pictures, and try our baby name feature! Ovia Pregnancy is your pocket companion for each trimester (and beyond).

features



Weekly baby size comparisons and development summaries



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



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



Return-to-work planning tools and career support



50+ physician-developed health programs supporting mental health, prenatal nutrition, and more



Unlimited in-app coaching with our Care Team



your Ovia Pregnancy 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 pregnancy and your relevant **employer and health plan benefits**
- Receive **instant feedback** on your health data and **chat with our Care Team** about all your health questions
- 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 employer and/or health plan for full access to your health and pregnancy benefits!

