

## **Ovia Health**

Support to help you and your family through some of life's biggest transitions.

Ovia offers support for reproductive health, starting a family, having a healthy pregnancy, balancing life as a working parent and managing menopause.

Ovia Health features three mobile apps: Ovia (formerly Ovia Fertility), Ovia Pregnancy, and Ovia Parenting.

Each app offers access to daily, personalized articles and tips, instant analysis and feedback on your health data, and unlimited in-app messaging with Ovia Health's team of experts including registered nurses, nurse practitioners, social workers, mental health counselors, nurse midwives, lactation consultants, and infant and child sleep consultants.\*



#### Ovia

Ovia offers support for overall reproductive health including pre-conception, looking to conceive, conception, and perimenopause or menopause.



#### **Ovia Pregnancy**

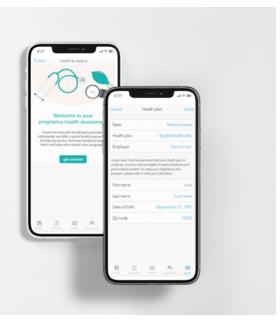
Watch baby grow, track a pregnant woman's health and progress, and talk to a health coach for support through every pregnancy milestone.



#### **Ovia Parenting**

Track newborn and infant health, find answers to parenting questions, and receive personalized, age-specific guidance from Ovia's in-house experts. Parenting supports single parents, co-parents, and multiple caregivers with shared accounts so that everyone can stay involved.

<sup>\*</sup>Harvard Pilgrim Health Care does not specifically endorse or recommend, and makes no warranties expressed or implied, that communication with Ovia Health is a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or qualified health provider with any questions concerning your medical or mental health condition.



# Ovia apps are a great daily support system if you are:

- Interested in tracking and understanding your reproductive health and fertility
- Trying to start or grow your family, whether that's through pregnancy, adoption or surrogacy
- > Already pregnant
- The parent of a newborn, baby and/or toddler, or school-aged child to adolescent
- > Preparing for or returning from parental leave
- > About to start the menopause journey

### Download the Ovia app(s) right for you and activate your account

If you don't have an Ovia Health account yet:

- Download Ovia (formerly Ovia Fertility), Ovia Pregnancy or Ovia Parenting on your mobile device through the App Store or Google Play, or the landing page at connect.oviahealth.com/harvardpilgrim.
- Select "Try it now" and then at the Welcome screen, customize your profile and create a new account.
- After entering your email address and creating a password, select the toggle for "I have Ovia Health as a benefit."
- > Select "Sign up."
- > Select health plan and employer.
- Enter first name and last name (as listed with your health plan), date of birth and zip code.
- > Accept the terms and conditions.
- > Explore Ovia Health!

If you have an Ovia consumer account already:

- Tap "More" and tap "Update my health care information."
- > Select health plan and employer.
- Enter first name and last name (as listed with your health plan), date of birth and zip code.
- > Accept the terms and conditions.
- > Press the Save button at the top right and get started.
- > Explore Ovia Health!



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