

WHAT IS OVIA HEALTH?

As part of your health benefits, we invite you and/or your spouse to participate in Ovia Health™—the mobile-first maternity benefits program. From prenatal to postpartum, Ovia Health is designed to support you through each stage of your family's journey. Ovia Health is available through select health plans or employers for individuals at no cost to you. Get started today by downloading the Ovia Fertility or Ovia Pregnancy app on your mobile device (iOS or Android).

WHO IS OVIA HEALTH FOR?

Ovia Health is made for families of all kinds. We provide services for women and families from preconception all the way through a child's first four years. Ovia Health's 5M+ user base reflects the diversity of those embarking on this key life milestone in the United States and around the world.

HOW MUCH DOES OVIA HEALTH COST?

Ovia Health is available through select health plans or employers to individuals at no additional cost. To unlock Ovia Health, create an Ovia Fertility or Ovia Pregnancy account and enter your health plan and employer information in Settings.

HOW DOES OVIA HEALTH WORK?

Ovia Health offers support and education to expectant mothers and those trying to conceive throughout their unique journeys. After completing the Ovia Health Assessment, a guided survey that gives you a snapshot of your overall health, you'll receive personalized, exclusive content and advice about your health and benefits provided by your employer.

WHAT DO I HAVE ACCESS TO?

- **Fertility tracking:** Ovia's personalized tracking helps you understand your cycle
- **Tips for a healthy pregnancy:** Daily interaction with a rich content library on fertility and baby development tracking
- **Health plan benefits information:** Your existing health plan benefits integrated with the Ovia apps platform
- **Smart reminders:** Medication and provider appointment reminders with your PCP and/or OB/GYN
- **Coaching:** Direct access to in-app wellness coaching for realistic and personalized lifestyle and family goals

HOW DO I GET STARTED?

Get started with Ovia in five simple steps:

1. Download Ovia Fertility or Ovia Pregnancy for iOS or Android
2. Sign up for a free account if you don't already have one
3. Complete the Ovia Health Assessment
4. Enter your insurer and employer information
5. Enjoy your new personalized family benefits programs!

WHAT PRIVACY MEASURES ARE IN PLACE?

We understand that your personal health is private, and we take that seriously. You can find out more by reading our Privacy Policy.