Ovia Health supports you through your entire parenthood journey. The Ovia Health apps offer personalized guidance, support and coaching to help achieve your health goals, from fertility health tracking, to getting pregnant, to navigating pregnancy, postpartum and parental wellness. Ovia Fertility, Ovia Pregnancy and Ovia Parenting app tools include:

- Health and menstrual cycle tracker
- Pregnancy calendar and daily baby updates
- Child’s development checklist
- Daily health and wellness content
- Data and symptom feedback

**Getting started with Ovia**

As a Medica member, you’ll have access to enhanced and personalized Ovia Health features including one-on-one coaching, symptom tracking, return-to-work tools and more. Simply follow these steps to get started:

1. Download one, or all three Ovia Health apps from the App Store or Google Play: Ovia Fertility, Ovia Pregnancy or Ovia Parenting.
2. When signing up with your email, choose “I have Ovia Health as a benefit” before tapping “Sign up”.
3. Enter your state, health plan (Medica), employer name and personal details.
4. Get started!
Ovia Features

**Health assessment and symptom tracking**
Receive alerts and personal coaching when you need it.

**Health and wellness programs**
Engage with personalized health and wellness programs to help you navigate infertility, sexual health, birth planning, preterm delivery, mental health, breastfeeding and more.

**Unlimited one-on-one coaching**
Message instantly with Registered Nurse health coaches to ask all your questions.

**Benefits library**
Learn about and access your other health care benefits from one centrally located, easy-to-find place.

**Career and return-to-work programs**
Find coaching and career advice for preparing for maternity leave, returning to work and being a working parent.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Frequency</th>
<th>Points earned</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take Ovia Fertility Assessment</td>
<td>Once Per Program</td>
<td>50 Points</td>
</tr>
<tr>
<td>Take Ovia Pregnancy Assessment</td>
<td>Once Per Program</td>
<td>50 Points</td>
</tr>
<tr>
<td>Take Ovia Parenting Assessment</td>
<td>Once Per Program</td>
<td>50 Points</td>
</tr>
<tr>
<td>Complete an Ovia Fertility Coach Interaction</td>
<td>Once Per Month</td>
<td>25 Points</td>
</tr>
<tr>
<td>Complete an Ovia Pregnancy Coach Interaction</td>
<td>Once Per Month</td>
<td>25 Points</td>
</tr>
<tr>
<td>Complete an Ovia Parenting Coach Interaction</td>
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</table>