

# OVIA HEALTH



oviahealth™

## DAILY SUPPORT FOR FERTILITY, PREGNANCY AND PARENTING

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



Ovia Fertility



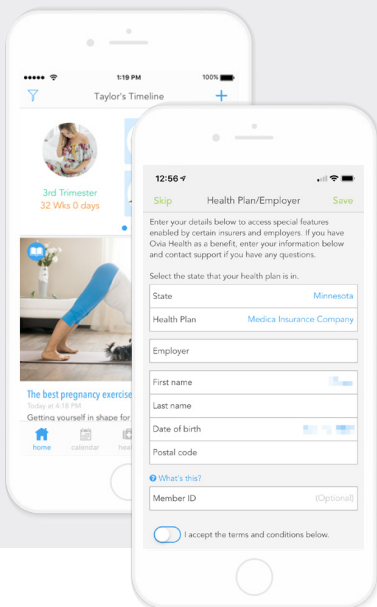
Ovia Pregnancy



Ovia Parenting

## 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!

UPlan



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## 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.

Activity	Frequency	Points earned
Take Ovia Fertility Assessment	Once Per Program	50 Points
Take Ovia Pregnancy Assessment	Once Per Program	50 Points
Take Ovia Parenting Assessment	Once Per Program	50 Points
Complete an Ovia Fertility Coach Interaction	Once Per Month	25 Points
Complete an Ovia Pregnancy Coach Interaction	Once Per Month	25 Points
Complete an Ovia Parenting Coach Interaction	Once Per Month	25 Points



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