

# Maternity and family planning services from Ovia Health™



## Providing you with coverage that enhances your whole health means offering solutions that go beyond your medical benefits.

Ovia Health provides you and your family with 24/7 support throughout your parenthood journey. As an Independence Blue Cross (IBX) member, you have access to this service at no additional cost.

### Download Ovia and launch your account

Ovia has three different apps for specialized support:

#### 1. Download the apps from the Apple Store or Google Play.



Support for reproductive health, fertility and menopause



Ongoing support for your healthiest, happiest pregnancy



Go-to resource for family & working parents

#### 2. Sign up with your email and choose *I have Ovia Health as a benefit before clicking Sign up.*



#### 3. Enter your health plan and employer information to access the following features:

- Daily, personalized family health support
- Articles and tips based on your unique cycle
- Track you and your baby's development for a healthy, happy pregnancy
- Newborn health tracking, milestone checklists, and expert parenting articles
- Tools and support for balancing work and life as a parent
- Caregiver access to share milestones and family photos/videos
- More than 60 clinical programs
- Predictive and proactive coaching
- Care and medical benefits navigation
- Unlimited one-on-one coaching access
- Return-to-work and career advice programs
- Case Management integration with IBX Health Coaches

#### 4. Already have the Ovia apps on your phone?

- Open your app and tap *Health* to take the Ovia Health Assessment.
- Click *Update my healthcare information* and enter your health plan and employer information.

Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

Ovia Health is an independent company.