

# Ovia Health



## Digital tools for modern parenthood

Ovia Health apps give you on-demand, personalized support throughout your parenthood journey. They can help you track your period, get pregnant, and understand your pregnancy symptoms. With Ovia Health apps, you'll even learn how to stay healthy after your baby arrives.

With Ovia Health apps, you get:

### **A health assessment and symptom tracking**

Get alerts and personal coaching when you need it.

### **Calendars, updates, and checklists**

Use a pregnancy calendar, daily baby updates, and a development checklist to track milestones for you and your baby.

### **Health and wellness programs**

Explore health and wellness programs to help you learn about infertility, sexual health, birth planning, preterm delivery, mental health, breastfeeding, and more.

### **Unlimited one-on-one coaching**

Send instant messages to registered nurse health coaches to ask all your questions.

### **Benefits library**

Learn about all of your health care benefits from one, easy-to-find place.

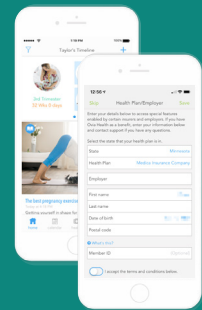
### **Career and return-to-work programs**

Find coaching and career advice about maternity leave, returning to work, and being a working parent.



### **Questions? We're here.**

Call Customer Service at the number on the back of your Medica ID card (TTY: **711**).



## Getting started with Ovia Health

As a Medica member, you can use the exclusive Ovia Health features including one-on-one coaching, symptom tracking, return-to-work tools, and more. Follow these steps to get started:

1. Download Ovia Fertility, Ovia Pregnancy, or Ovia Parenting from the App Store and Google Play.
2. Sign up and choose "I have Ovia Health as a benefit."
3. Enter your state, health plan (Medica), employer name, and personal details.
4. Get started!