

Ovia Health: A digital support program

Ovia Health provides maternity and family apps to support you through the entire parenthood journey. These apps are included in your health plan, offered through BCBSTX.

With Ovia, you'll have access to enhanced, personalized health and wellness features:

- Health assessment and symptom tracking; receive alerts and predictive, personal coaching when Ovia detects a potential medical issue
- More than fifty physician-developed clinical programs to help you be as healthy as possible; 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 a health coaches to ask all your questions
- Career and return-to-work programs; find coaching and career advice about preparing for maternity leave, returning to work and being a working parent

Download the app that's right for you:

- **Ovia** – Reproductive Health, Fertility and Menopause
- **Ovia Pregnancy** – Pregnancy & Postpartum
- **Ovia Parenting** – Family & Working Parents

To create an account, choose "I have Ovia Health as a benefit" before tapping "Sign up." Select BCBSTX as your health plan and enter your employer name.

Adding newborns to benefits

Your newborn is not automatically enrolled in your medical plan. Contact your Human Resources department and complete the required enrollment paperwork to add your newborn. If you enroll your newborn within 31 days from the date of birth, coverage is effective on the date of birth. If you do not add your newborn within 31 days from the date of birth, you cannot add your newborn until the next annual enrollment period.