

Personalized support for women's health and wellness



With Ovia Health, you have 24/7 support for cycle tracking, reproductive health, family planning, pregnancy, parenthood, and menopause.

The Ovia mobile app makes it easy and convenient to access a variety of tools and support, and Ovia Health Coaches can answer your questions and help you feel empowered in your journey.

Getting started with Ovia Health

Follow these steps to get started with Ovia Health:

1. Download the Ovia app from the App Store or Google Play.
2. When you open the app for the first time, you will be prompted to enter some information about yourself and what you're using the app for.
3. Then enter the email address and password you'd like to use to create your account. **Be sure to select *I have Ovia as a benefit*.** Then select *Sign up*.
4. Once you have created your account, you will be prompted to enter information to verify your health plan and employer.

Note: If you already have the Ovia app, open it and tap *Health* to take the Ovia Health Assessment. Then click *Update my healthcare information* to enter your health plan and employer and unlock all the features and benefits of the app.

If you need help or have questions, please email support@oviahealth.com.

Ovia Health is an independent company. Ovia Health does not provide Blue Cross products or services. Independence Blue Cross is acting solely as an agent for Ovia Health. Ovia Health is solely responsible.

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.

Download the Ovia app

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Features of the Ovia app

Take advantage of these personalized tools and support from the Ovia app:

- Daily family health support
- Articles and tips based on your unique cycle
- Pregnancy trackers for you and your baby's development
- Newborn health tracking, milestone checklists, and expert parenting articles
- Tools and support for work-life balance as a parent
- Return-to-work and career advice programs
- Caregiver access to share milestones and family photos and videos
- Menopause support
- More than 60 clinical programs
- Unlimited access to one-on-one coaching and integration with our Health Coaches