



Ovia Pregnancy

# your pregnancy partner

Maternity app to support your entire pregnancy journey — included in your health plan benefits, offered through Blue Cross and Blue Shield of Montana (BCBSMT)



- ✓ Watch your **baby grow week by week**
- ✓ Read **daily personalized** articles & tips
- ✓ Look up **food and medication safety**
- ✓ Watch **supportive weekly videos** about your pregnancy
- ✓ Learn about your **health plan benefits**

## features



Weekly baby size comparisons and development summaries



Return-to-work planning tools and career support



Health tracking: symptoms, moods, activity, medication, and more!



50+ physician-developed health and career programs



Instant feedback on your symptoms and alerts when Ovia detects a potential medical issue



Unlimited in-app coaching with Registered Nurse health coaches



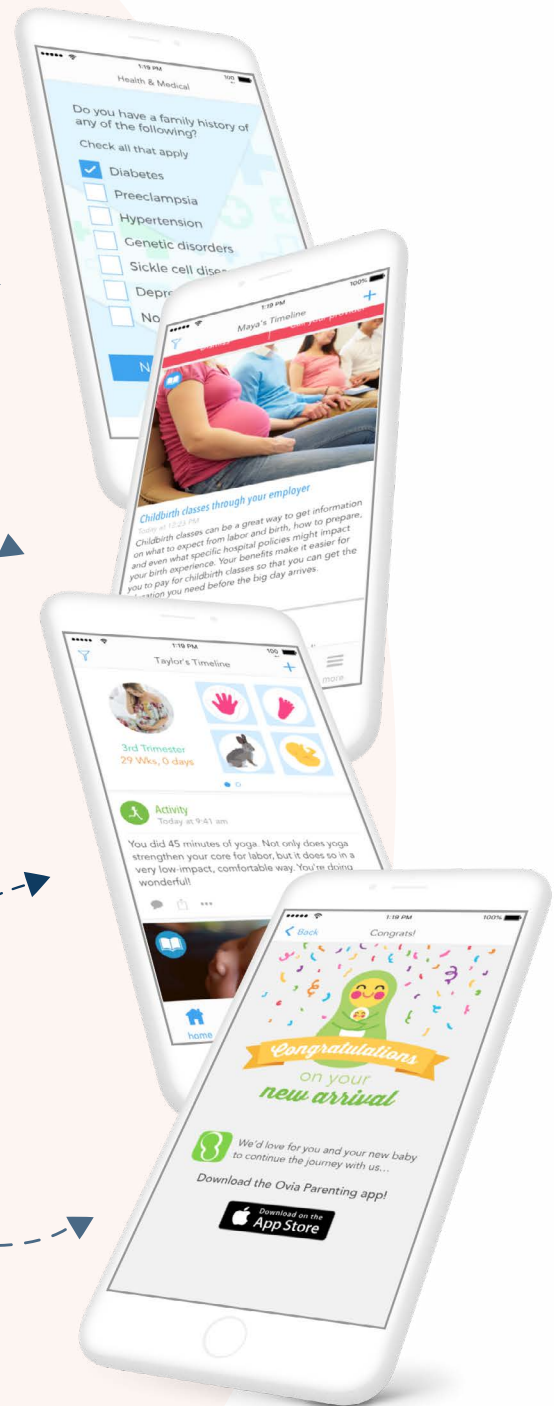
oviahealth™

# your Ovia Pregnancy journey



- Sign up for **Ovia Pregnancy** (make sure to select BCBSMT as your health plan and enter your employer name)
- Take the **Ovia Health Assessment** and **enroll in health programs** tailored to your results
- Read **personalized articles** about your pregnancy and your relevant health plan benefits
- Receive **instant feedback** on your health data and get **support from your Registered Nurse health coach**
- Watch baby grow and learn about their **daily and weekly development**
- **Count down until the big day!** (and get ready for the move to Ovia Parenting)

Download **Ovia Pregnancy** on your smartphone, indicate that you have Ovia Health as a benefit, and enter your health plan and employer information for full access to your health and maternity benefits!



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