Harvard Pilgrim Health Care

a Point32Health company

Ovia Health

Support to help you and your family through some of life's biggest transitions.

Ovia offers support for reproductive health, starting a family, having a healthy pregnancy, balancing life as a working parent and managing menopause.

Ovia Health features two mobile apps: **Ovia** and **Ovia Parenting**. Each app offers access to daily, personalized articles and tips, instant analysis and feedback on your health data, and unlimited in-app messaging with Ovia Health's team of experts including registered nurses, nurse practitioners, social workers, mental health counselors, nurse midwives, lactation consultants, and infant and child sleep consultants.*

Ovia

Ovia offers support for overall reproductive health including pre-conception, looking to conceive, conception, and perimenopause or menopause. Users can also track a pregnant woman's health and progress, and talk to a health coach for support through every pregnancy milestone.

Ovia Parenting

Track newborn and infant health, find answers to parenting questions, and receive personalized, age-specific guidance from Ovia's in-house experts. Parenting supports single parents, co-parents, and multiple caregivers with shared accounts so that everyone can stay involved.

*Harvard Pilgrim Health Care does not specifically endorse or recommend, and makes no warranties expressed or implied, that communication with Ovia Health is a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or qualified health provider with any questions concerning your medical or mental health condition.

Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.

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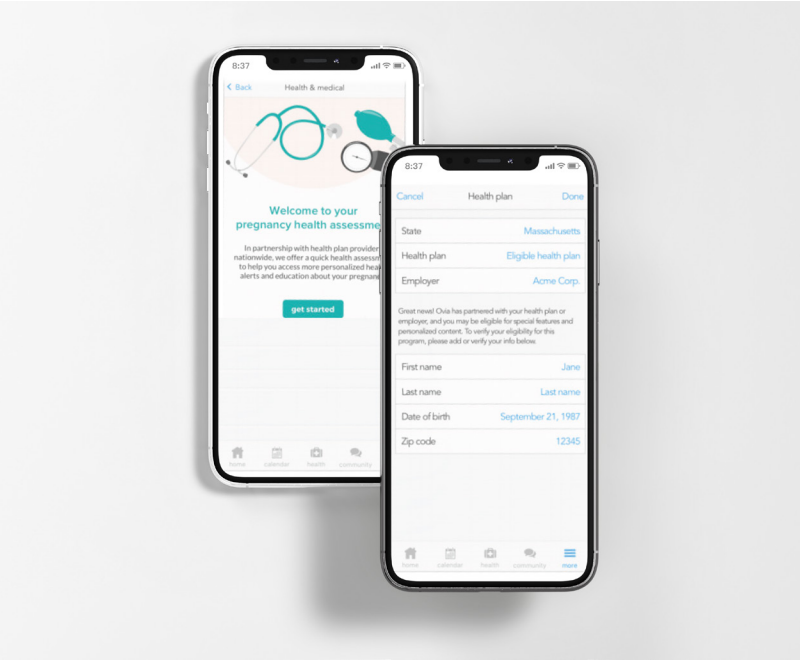

Ovia apps are a great daily support system if you are:

- Interested in tracking and understanding your reproductive health and fertility
- Trying to start or grow your family, whether that's through pregnancy, adoption or surrogacy
- Already pregnant
- The parent of a newborn, baby and/or toddler, or school-aged child to adolescent
- Preparing for or returning from parental leave
- About to start the menopause journey

Download the Ovia app(s) right for you and activate your account

If you don't have an Ovia Health account yet:

- Download Ovia or Ovia Parenting on your mobile device through the App Store or Google Play, or the landing page at **connect.oviahealth.com/harvardpilgrim**
- Select "Try it now" and then at the Welcome screen, customize your profile and create a new account.
- After entering your email address and creating a password, select the toggle for "I have Ovia Health as a benefit."
- Select "Sign up."
- Select health plan and employer.
- Enter first name and last name (as listed with your health plan), date of birth and zip code.
- Accept the terms and conditions.
- Explore Ovia Health!

If you have an Ovia consumer account already:

- Tap "More" and tap "Update my health care information."
- Select health plan and employer.
- Enter first name and last name (as listed with your health plan), date of birth and zip code.
- Accept the terms and conditions.
- Press the Save button at the top right and get started.
- Explore Ovia Health!