

# From cycle tracking and pregnancy to menopause and beyond—we're here for you

Choose your goal—tracking your cycle, trying to conceive, tracking your pregnancy, navigating postpartum, or managing perimenopause/menopause—the Ovia® app will personalize your experience by delivering tailored insights, tips, and content.

## features



Cycle predictions, fertility calendar, baby size comparisons, development summaries, and menopause symptom management.



Track your cycle, symptoms, moods, activity, medication, and more!



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



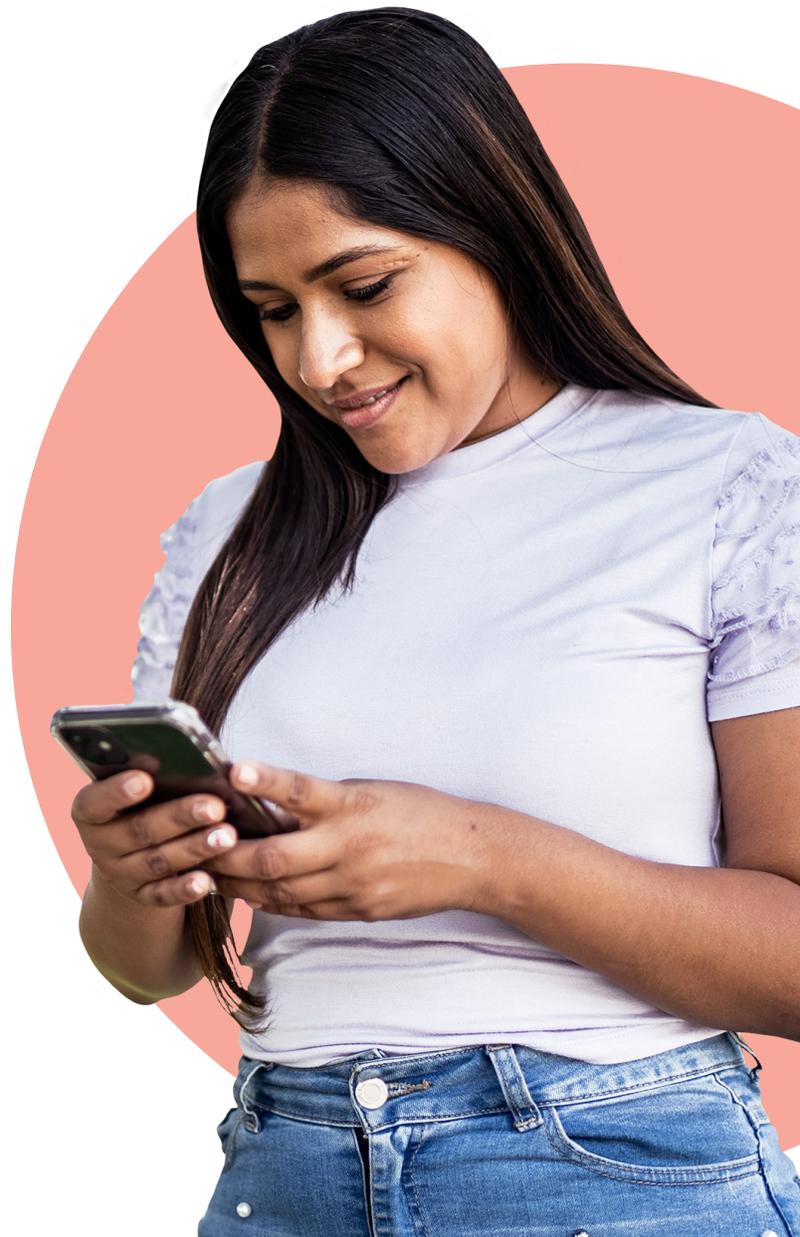
Resource library of relevant employer perks and information, return-to-work planning tools, and career support.



50+ physician-developed health programs supporting infertility, endometriosis, prenatal nutrition, mental health, and more.

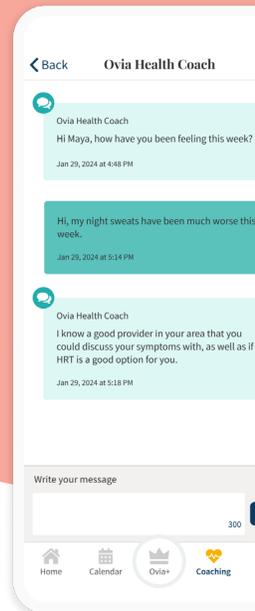
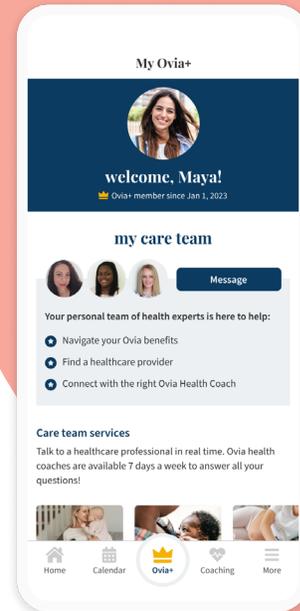
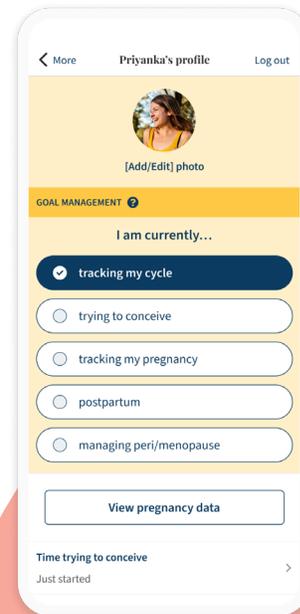


Unlimited in-app coaching with Ovia's care team.



# Your Ovia journey

- Sign up for **Ovia+** (enter your Capital Blue Cross health plan for full access).
- Take the **Ovia Health™ assessment** and enroll in health programs tailored to your results.
- **Choose your goal:** tracking your cycle, trying to conceive, tracking your pregnancy, navigating postpartum, or managing perimenopause/menopause symptoms.
- Read **personalized articles** about your health.
- Receive **instant feedback** on your health data and **chat with Ovia's care team** about all your health questions.
- Make **progress toward your goals!**



Download the Ovia app on your smartphone, indicate that you have Ovia Health as a benefit, and enter your Capital Blue Cross health plan for full access to your health and fertility benefits!

oviahealth™

On behalf of Capital Blue Cross, Ovia Health™, an independent company, provides this maternity management program.

Capital Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association.

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