

Your parenthood partner

Track baby's day with Ovia™ Parenting so you always capture important developmental milestones and cherished family pictures from birth to teenage years.

features



Keep track of your baby's feedings, diapers, and sleep.



Follow your child's development and learn what's next.



Navigate transitions from elementary to middle and middle to high school.



Mental health support for parents and kids, including preteens and teens.



Return-to-work planning tools and career support.



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

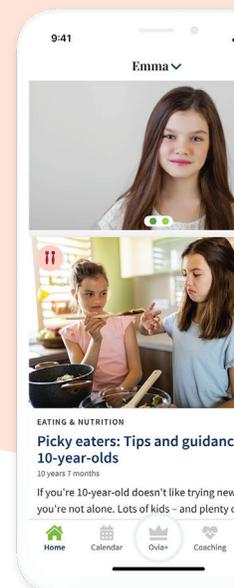
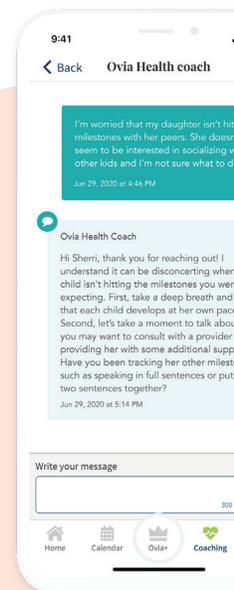
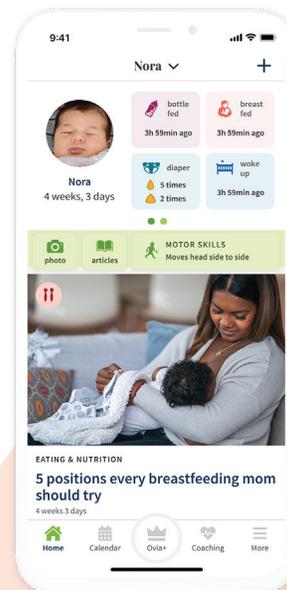


Your Ovia Parenting journey

- Sign up for **Ovia+**. Select **Capital Blue Cross** from the health plan dropdown menu to get full access.
- Take the **Ovia Health™ assessment** and enroll in health programs tailored to your results.
- Read **personalized articles** about your family's health.
- **Chat with Ovia's care team** about all your health questions.
- Track your child's development and **check off milestones and progress**.
- Enjoy tools and **support for work-life balance and navigating life** as a new parent!



Download Ovia Parenting 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 family 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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