

Your pregnancy partner

With Ovia®, you'll find answers to all your prenatal questions — read weekly updates, find symptom relief, learn what's safe to eat, share bump pictures, and try our baby name feature! Ovia is your pocket companion for each trimester (and beyond).

features



Weekly baby size comparisons and development summaries.



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



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



Return-to-work planning tools and career support.



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

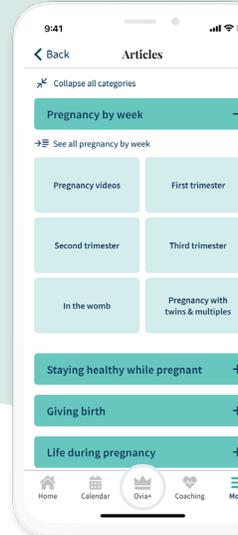
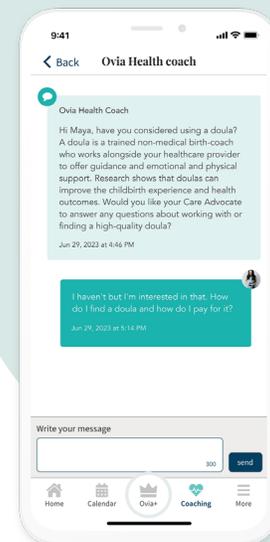
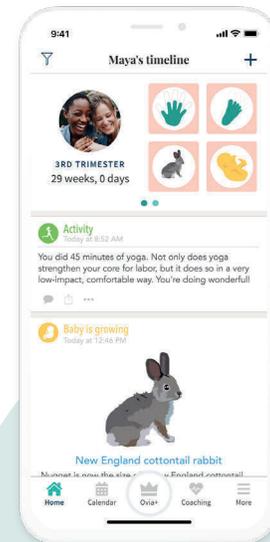


Unlimited in-app coaching with Ovia's care team.



Your Ovia pregnancy 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.
- Read **personalized articles** about your pregnancy.
- Receive **instant feedback** on your health data and **chat with Ovia's care team** about all your health questions.
- 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 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 pregnancy benefits!

ovia health™

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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