

# Support for **EVERY** PARENTING JOURNEY



## Ovia Health Supports Parenting Children from Ages 0-17

Ovia was designed to support you throughout your family's health journey, from pre-pregnancy through your child's high school graduation.

Ovia's programming is for parenting children of all ages, abilities and family structures. It provides support through daily education, proactive health coaching and concierge services.



**BlueCross BlueShield** of Texas

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation,  
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

## Choose the path that's right for you

Ovia's Parenting solution helps you pick and choose what you need at each point throughout life as a parent.

### Health tracking: Ages 0-3

If you have little ones, Ovia is the ultimate solution for 'baby brain.' Keep track of everything you need to remember for well-child visits in one place, including:

- diaper changes
- breast and bottle feeding
- sleep (including naps)
- doctor's appointments

Plus, get custom reminders to keep up with your infant's vaccination schedule and other important tidbits during their early years!

### Peripartum and early childhood coaching: Ages 0-6

Our coaches can answer any question that comes up and we offer curated sessions for common concerns, such as:

- lactation support
- child allergies
- behavioral concerns and resources
- child sleep coaching (up to age 6)

Message a coach any time to discuss these topics (and more) with one of our expert specialists.

### Education: Ages 0-10

Our educational programming is grouped by health topics such as preventive care, sleep, nutrition, behavior and more. On the timeline, browse topics tailored for you based on family health history, areas of interest and pediatric health visits.



Ovia Health is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide maternity and family benefits solutions for members with coverage through BCBSTX.

BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

### Lifestyle concierge services: Ages 0-17

You make many personal and important decisions about your child's health and care.

Our concierge services help parents of younger and older children alike navigate their parenting journeys, including family wellbeing, working parent support and much more.

### The special moments: Ages 0-5+

With Ovia, you can share special moments with family members through diary entries and photos. Plus, family can help you track health data for small children and check out interesting articles you've read!

Choose from different access levels to share your Ovia experience with family, caregivers and friends.

### Community Ages 0-17

Reach other parents in our Community forum. The Community is here for you to ask a question of other caregivers or just get moral support. You can reach out directly to other first-time parents, stay-at-home parents, parents of multiples or even vegetarian families.

### Get started with Ovia Parenting today!

You can download any of the Ovia Health apps from the Apple App Store or Google Play Store.

#### To get started with Ovia Health:

1. Download the app that's right for you.
2. Select "I have Ovia Health as a benefit" during signup.
3. Skip the step where it asks you to enter your employer's name.
4. Select Blue Cross and Blue Shield of Texas as your health plan.
5. Explore Ovia Health!

#### Already have an Ovia Health app on your phone?

1. Open the "more" menu.
2. Tap "My healthcare info."
3. Enter your health plan (required).
4. Enter your employer (optional).

Not yet an Ovia Parent? Download the Ovia Parenting app to get started!



Scan the QR code to Download the Ovia Parenting app or visit [www.oviahealth.com](http://www.oviahealth.com) to get started.