



## Get support for you and your baby from the start with your TRS-ActiveCare health plan

Whether you're pregnant or planning to get pregnant, TRS-ActiveCare has you covered with the tools and resources you need to help before, during, and after your pregnancy – all at no additional cost.

### Ovia Health™

Ovia Health apps provide maternity and family planning support through your pregnancy with health trackers, videos, tips, coaching, and more.

#### **Ovia Fertility – Health and Fertility**

- Support for tracking your health and knowing when you're most likely to become pregnant

#### **Ovia Pregnancy – Pregnancy and Postpartum**

- Support for your healthiest, happiest pregnancy
- You can look up food and medication safety, connect with a registered nurse, watch your baby grow week by week, and plan your return to work

#### **Ovia Parenting – Family and Working Parents**

- Support for the early years of your parenting, including tracking your baby's growth and milestones from birth to three years old

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. You will be asked to enter your employer's name, but can skip that step;
4. Select Blue Cross and Blue Shield of Texas as your health plan;
5. Explore Ovia Health!

If your pregnancy is high-risk, you may also get additional support over the phone from a BCBSTX maternity specialist.

### Maternity Self-Management Programs:

Well onTarget® offers digital self-guided courses to support healthy pregnancies through every stage. Topics include healthy foods, body changes, and labor. And, for each course you complete, you'll earn Blue Points<sup>SM</sup> that you can redeem for things like books, music, sporting goods – anything that motivates you to keep making healthy choices for you and your baby.

- Log in to [WellonTarget.com](#) using your Blue Access for Members<sup>SM</sup> username and password
- Download the Well onTarget AlwaysOn® wellness app

### Your TRS-ActiveCare plan also covers:

- hospital-grade electric breast pumps, two per plan year covered at up to \$150
- lactation counseling – six visits per plan year, covered at 100%

### Personal Health Guides:

Get help through your Personal Health Guide (PHG) who has the know-how, resources, and connections to help get you what you need. Call [1-866-355-5999](#) or chat through the BCBSTX App (via the [Apple App Store](#) or [Google Play Store](#)) to:

- Find a pediatrician or other health care provider
- Locate breastfeeding support groups or other parenting groups
- Get help with behavioral health questions or postpartum depression concerns
- Check your benefits and coverage
- Get support from maternity specialists from early pregnancy until six weeks after delivery, if your pregnancy is high-risk

### 24/7 Nurseline

The [24/7 Nurseline](#) can help if you have a question or concern that pops up in the middle of the night or on the weekend. Registered nurses can give you advice or help you decide if you need to go to the emergency room or if you can wait to see your OB-GYN. Call the [24/7 Nurseline](#) anytime at [1-833-968-1770](#).

Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for more information.

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 Blue Cross and Blue Shield of Texas

The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Visit Well onTarget for complete details and terms and conditions. Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for more information.

Taxes may apply. Individuals must be at least 18 years old to purchase. Members agree to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to receipt of any reward.

The 24/7 Nurseline is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns. For medical emergencies, call 911.

BCBSTX makes no endorsement, representations, or warranties regarding third-party vendors. Members should contact the vendor directly with questions about the products or services offered by third parties. 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