

# access your maternity and family benefits

Ovia Health provides maternity and family apps to support you through your entire parenthood journey. These apps are included in your health plan benefits, offered through Blue Cross and Blue Shield of Montana (BCBSMT).

Follow these easy steps to **download Ovia and launch your account:**

**1** Download the app that's right for you



Ovia Fertility  
Health & Fertility



Ovia Pregnancy  
Pregnancy & Postpartum

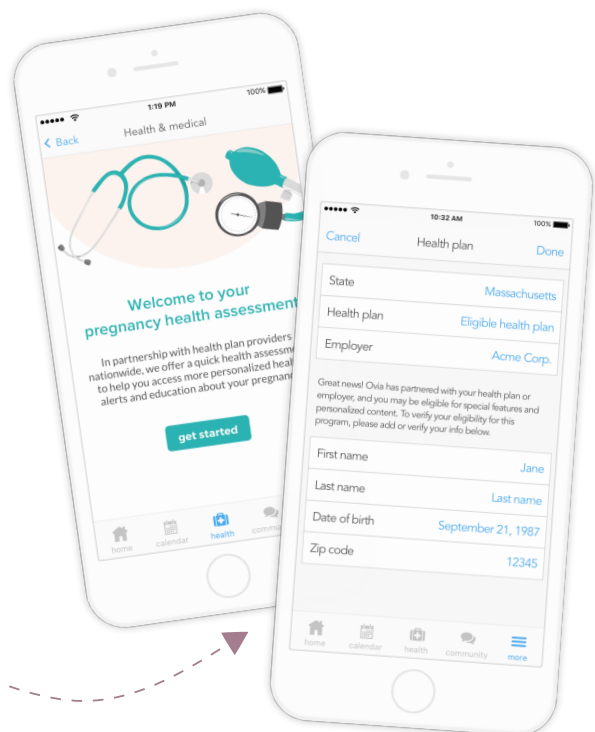


Ovia Parenting  
Family & Working Parents

**2** When signing up, choose “**I have Ovia Health as a benefit**” before tapping “**Sign up**” and make sure to select BCBSMT as your health plan and enter your employer name (optional).

**3** Already have an Ovia app on your phone?

1. Open your app and tap “Health” to take the Ovia Health Assessment.
2. Tap “Update my healthcare information” and select BCBSMT as your health plan and enter your employer name (optional).



If you do not indicate BCBSMT as your health plan, you'll only be able to access some of the features available to you:

- ✓ Health and menstrual cycle tracker
- ✓ Pregnancy calendar & daily baby updates
- ✓ Child's development checklist
- ✓ Daily health and wellness content
- ✓ Data & symptom feedback



With Ovia Health, you'll have access to enhanced, personalized health and wellness features:



**Health assessment and symptom tracking**

Receive alerts and predictive, personal coaching when Ovia detects a potential medical issue



**Over fifty physician-developed clinical programs to help you be as healthy as possible**

Engage with personalized health and wellness programs to help you navigate infertility, sexual health, birth planning, preterm delivery, mental health, breastfeeding, and more



**Unlimited 1-on-1 coaching**

Message instantly with Registered Nurse health coaches to ask all your questions



**Career and return-to-work programs**

Find coaching and career advice for preparing for maternity leave, returning to work, and being a working parent