Ovia Health



Personalized family and women's health programs

Ovia Health guides you through your entire pregnancy, parenting, and reproductive health journey — including trying to conceive and managing menopause. Get clinically-backed content and unlimited support from Ovia's team of health coaches, registered nurses, and certified nurse midwives within Ovia Health's apps: Ovia and Ovia Parenting.

With Ovia Health apps, you get:

A health assessment and symptom tracking
Get alerts and personal coaching when you need it

Calendars, updates, and checklists
Use a pregnancy calendar, daily baby updates, and a development checklist to track milestones for you and your baby

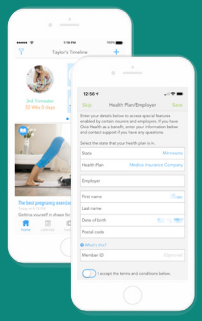
Health and wellness programs
Learn about infertility, sexual health, menopause, birth planning, preterm delivery, mental health, breastfeeding, and more

Unlimited one-on-one coaching
Send instant messages to registered nurse health coaches

Bene its library
Learn about your health care benefits from one, easy-to-find place

Career and return-to-work programs
Find coaching and career advice about maternity leave, returning to work, and being a working parent

Dedicated Ovia advocate
Message a trusted, skilled professional to help you navigate your journey and learn about resources



Getting started with Ovia Health

As a Medica member, you can use the exclusive Ovia Health features including one-on-one coaching, reproductive health support, symptom tracking, return-to-work tools, and more. Follow these steps to get started:

1. Download Ovia or Ovia Parenting from the App Store and Google Play.
2. Sign up and choose "I have Ovia Health as a benefit."
3. Enter your state, health plan (Medica), and personal details.
4. Get started!

Have questions? We can help.

Call Member Services at the number on the back of your Medica ID card (TTY: **711**).

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