Capital

Ovia Health by labcorp



Support for every stage of life

A women's health solution as multifaceted as you

Ovia+ offers essential resources for women's health, preventive care, family planning, pregnancy, postpartum recovery, and menopause. So, no matter what stage you are in life, you have the tools and information you need to manage and maintain your health.

With Ovia+, you have access to:

- **Personalized daily guidance** — articles, tips, and insights tailored to your health goals.
- **Unlimited messaging with our Care Team** — backgrounds and training across nurses, midwives, and clinical experts available when you need them 365 days a year.
- **Health and body literacy** — real-time analysis of your health data to help you feel empowered and make informed choices.
- **Comprehensive tools in one place** — symptom and health tracking, Personalized Health Pathways, assessments, and access to our Care Team via messaging, phone, or video.



Get started with Ovia+

1. Download the app that's right for you.
2. Select "I have Ovia+ as a benefit" during signup.
3. Enter your Capital Blue Cross health plan.
4. Personalize your Ovia+ experience by selecting your goal, taking the health assessment, and exploring our health programs.

Already have an Ovia app on your phone?

1. Open the "more" menu.
2. Tap "My Ovia+ benefits".
3. Click "Update my information".
4. Enter your Capital Blue Cross health plan.

ovia®

Support for cycle tracking and reproductive health, fertility, pregnancy, postpartum, and menopause.

ovia™ parenting

Your go-to resource for preparing to parent and parenting support.



On behalf of Capital Blue Cross, Ovia Health by Labcorp, an independent company, provides this maternity management program.

Capital Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association.

The information provided is meant for a general audience. It is not a substitute for services or advice received from your healthcare providers who are the only ones that can diagnose and treat your individual medical conditions. Capital Blue Cross and its affiliated companies believe this health education resource provides useful information but do not assume any liability associated with its use. If you have any questions about the information, please contact your healthcare provider. Individual coverage for any services that may be discussed in this resource depends on your benefits plan. To determine coverage for any healthcare service, please refer to your Benefit Booklet or Evidence of Coverage or call Member Services at the toll-free number on your member ID card.

ES | Ovia Apps are available in Spanish

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