

your pregnancy partner

Maternity app to support your entire pregnancy journey — included in your health plan benefits, offered through Blue Cross and Blue Shield of Texas (BCBSTX)

- ✓ Watch your **baby grow week by week**
- ✓ Read **daily personalized** articles & tips
- ✓ Look up **food and medication safety**
- ✓ Watch **supportive weekly videos** about your pregnancy
- ✓ Learn about your **employer & health plan benefits**



features



Weekly baby size comparisons and development summaries



Return-to-work planning tools and career support



Health tracking: symptoms, moods, activity, medication, and more!



50+ physician-developed health and career programs



Instant feedback on your symptoms and alerts when Ovia detects a potential medical issue



Unlimited in-app coaching and telephonic support