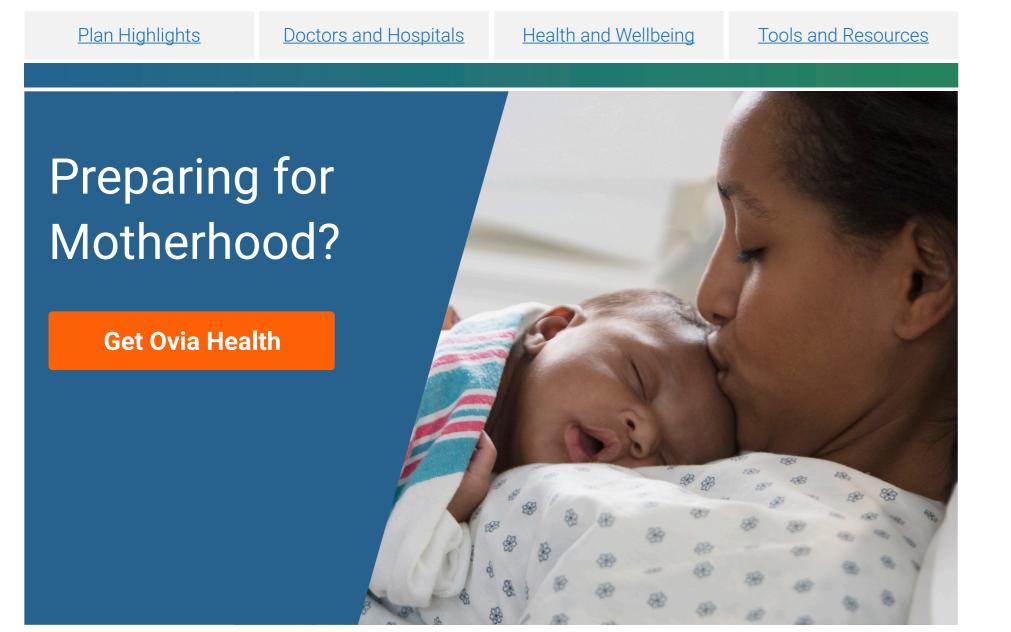
Desktop View Mobile View

Fertility tracking, pregnancy tips and more







Whether you want to learn how to track your cycle, try to have a baby or try to NOT have a baby, your plan provides support for your health in every stage of life.

DIGITAL TOOLS

Ovia Health™

It takes a village. Let TRS-ActiveCare be part of yours, wherever you are. Get support at **no added cost** with Ovia Health apps. Each app gives you daily personalized articles and tips to achieve your goals, unlimited messaging with registered nurses, and real-time health data.



Ovia - Health, Fertility and Menopause Support

Track your health status and know when you're most likely to get pregnant. You can even get support as you transition into menopause.



Ovia Pregnancy — Pregnancy and Postpartum

Support a happy and healthy pregnancy, where you can look up food and medication safety, connect with a registered nurse, watch your baby grow week by week, and plan a return to work.



Ovia Parenting — Family and Working Parents

Support for the early years of parenting, including tracking your baby's growth and milestones.

Well onTarget®

Well on Target also offers digital self-guided courses to support healthy pregnancies through every stage. Topics include healthy foods, body changes and labor.

Your plan also includes *no-cost* benefits like:

- Support from a maternity specialist if your pregnancy is high-risk.
- Electric breast pumps limited to two per plan year (hospital-grade breast pump rentals are covered up to \$150 of allowed amount)
- Lactation counseling services, six visits per plan year
- An annual well-woman exam for your overall and reproductive health. Your visit
 includes a physical exam that screens for cancers and other health issues specific
 to women.



Need a women's health provider?

Use <u>Provider Finder</u>® to find an OBGYN, Primary Care Provider and more. For help finding a provider or scheduling an appointment, call a Personal Health Guide at 1-866-355-5999 or chat in the BCBSTX App, available 24/7.

Get Ovia Health



