

Fertility tracking, pregnancy tips and more



[Plan Highlights](#)

[Doctors and Hospitals](#)

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[Tools and Resources](#)

Preparing for Motherhood?

[Get Ovia Health](#)



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 onTarget 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 [Provider Finder](#)® 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](#)

www.bcbstx.com/trsactivecare



Ovia Health is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide maternity and family benefits solutions for members with coverage through BCBSTX.

The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate.

BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

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