

maternity and family support at your fingertips

Ovia Health has partnered with **MESSA** to provide maternity and family benefits that support you through your entire parenthood journey. Here's how to **download Ovia** and **launch your account**:

1 Download the app that's right for you



Ovia Fertility
Health & Fertility



Ovia Pregnancy
Pregnancy & Postpartum

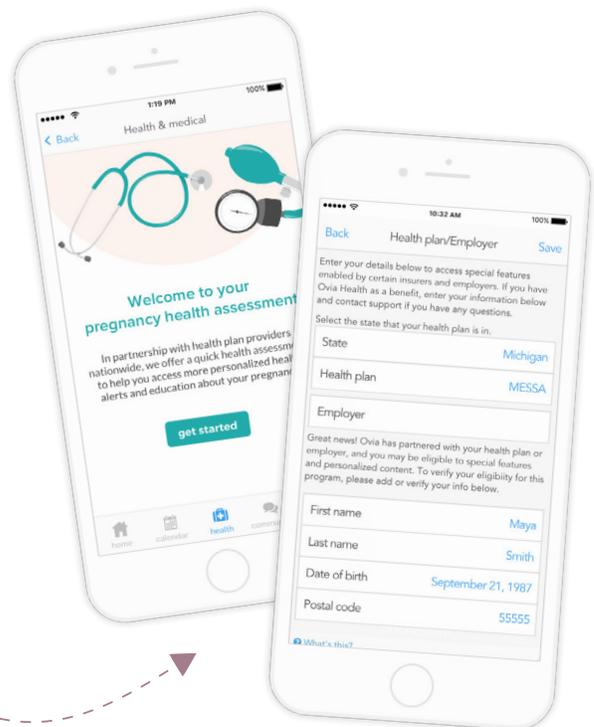


Ovia Parenting
Family & Working Parents

2 When signing up, choose **“I have OviaHealth as a benefit”** and enter **MESSA** as your health plan before tapping **“Sign up”**

3 Already have an Ovia app on your phone?

1. Open your app and tap **“Health.”**
2. Tap **“Update my healthcare information”** and enter **MESSA** as your health plan.



If you don't update your health care information in Ovia, you'll only be able to access some of the features available to you:

- ✓ Health and menstrual cycle tracker
- ✓ Pregnancy calendar and daily baby updates
- ✓ Child's development checklist
- ✓ Daily health and wellness content
- ✓ Data and symptom feedback



With Ovia Health, you'll have access to enhanced, personalized health and wellness features:



Health assessment and symptom tracking

Receive alerts and predictive, personal coaching when Ovia detects a potential medical issue.



Over 50 physician-developed clinical programs

Engage with personalized health and wellness programs to help you navigate infertility, sexual health, birth planning, preterm delivery, mental health, breastfeeding, and more.



Unlimited 1-on-1 coaching

Message instantly with registered nurse health coaches to ask all your questions.



Benefits library

Learn about and access your other MESSA benefits from one centrally located, easy to find place. If you have any questions about your MESSA benefits, call MESSA's Member Service Center at 800.336.0013.



Career and return-to-work programs

Find coaching and career advice for preparing for maternity leave, returning to work, and being a working parent.