Harvard Pilgrim Health Care

"Harvard Pilgrim helped us on our journey to parenthood."

The individual shown is representative only. The comment is a composite of sentiments often expressed by our Members.

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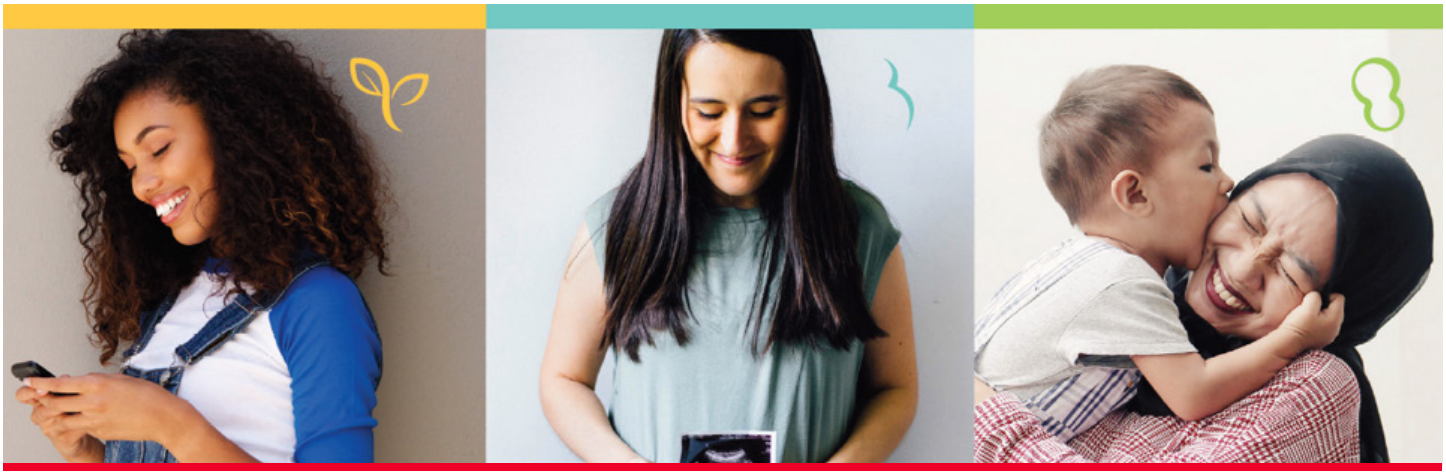


From conception to birth and beyond, we've got you covered with Ovia Health

Parenthood is the journey of a lifetime. And as with every journey, it helps to have support and guidance along the way. That's why we're excited to introduce you to Ovia Health, a maternity and family health solution supporting reproductive health, pregnancy and parenthood for our members. Ovia Health features three mobile apps – Ovia Fertility, Ovia Pregnancy, and Ovia Parenting.

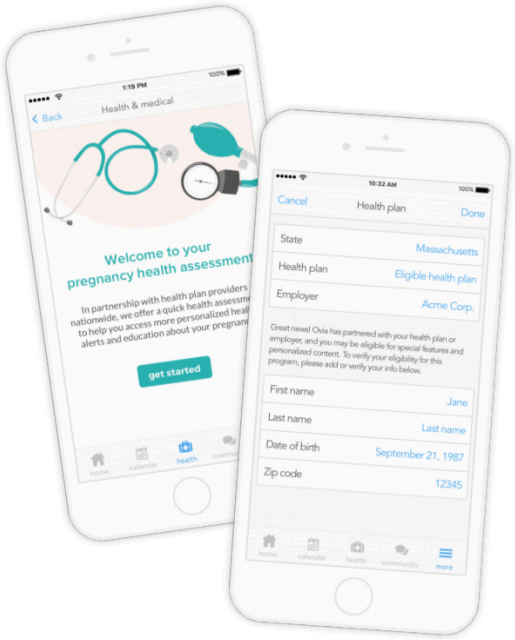
With each app, you have access to daily personalized articles and tips to help you achieve your goals; unlimited in-app messaging from Ovia Health's team of experts, including registered nurses, nurse practitioners, social workers, mental health counselors, nurse midwives, lactation consultants and infant and child sleep consultants; instant analysis and feedback on your health data; and information about your fertility, maternity and family benefits.*

** Harvard Pilgrim Health Care does not specifically endorse or recommend, and makes no warranties expressed or implied, that communication with Ovia Health is a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or qualified health provider with any questions concerning your medical or mental health condition.*

Ovia Fertility
Health & Fertility

Ovia Pregnancy
Pregnancy & Postpartum

Ovia Parenting
Family & Working Parents



Ovia apps are a great daily support system if you are:

- Interested in tracking and understanding your reproductive health and fertility
- Trying to start or grow your family, whether that's through pregnancy, adoption or surrogacy
- Already pregnant
- The parent of a newborn, baby and/or toddler
- Preparing for or returning from parental leave

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 fifty physician-developed clinical programs to help you be as healthy as possible
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 company benefits from one centrally located, easy to find place

Career and return-to-work programs
Find coaching and career advice for preparing for maternity leave, returning to work, and being a working parent

Don't miss out

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

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

Put Harvard Pilgrim and Ovia Health to work for you—and embrace the journey ahead.

Download the Ovia app(s) right for you and activate your account

If you don't have an Ovia Health account yet:

1. Download Ovia Fertility, Ovia Pregnancy or Ovia Parenting on your mobile device through the App Store or Google Play, or the landing page at https://connect.oviahealth.com/harvardpilgrim.
2. Select "Try it now" and then at the Welcome screen, customize your profile and create a new account.
3. After entering your email address and creating a password, select the toggle for "I have Ovia Health as a benefit."
4. Select "Sign up."
5. Select health plan and employer.
6. Enter first name and last name (as listed with your health plan), date of birth and zip code.
7. Accept the terms and conditions.
8. Explore Ovia Health!

If you have an Ovia consumer account already:

1. Tap "More" and tap "Update my healthcare information."
2. Select health plan and employer.
3. Enter first name and last name (as listed with your health plan), date of birth and zip code.
4. Accept the terms and conditions.
5. Press the Save button at the top right and get started
6. Explore Ovia Health!

Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.

harvardpilgrim.org

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