

oviahealth™ + Yale

access your maternity and family benefits

Ovia Health has partnered with Yale to provide maternity and family benefits that support you through your entire parenthood journey

To receive these awesome health and wellness benefits, you'll need to **download Ovia and launch your account:**

1 Download the app that's right for you



Ovia Fertility
Health & Fertility



Ovia Pregnancy
Pregnancy & Postpartum

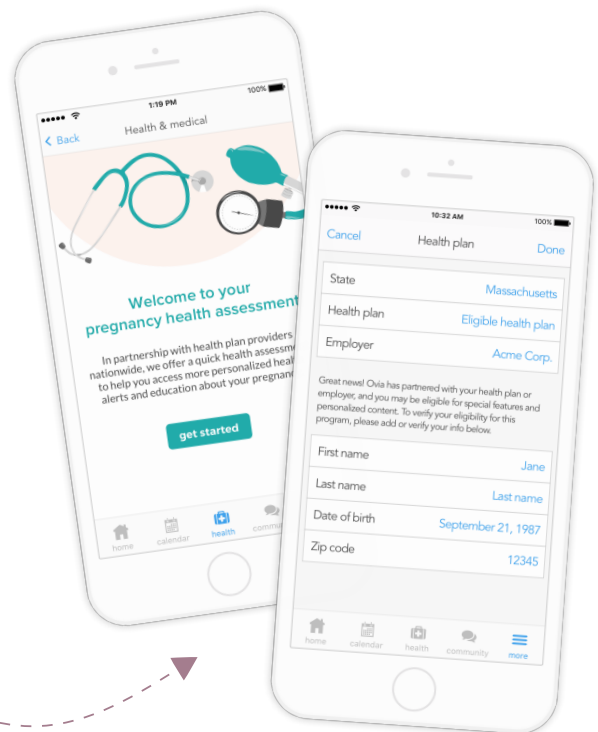


Ovia Parenting
Family & Working Parents

2 Create an account by tapping "Try it now." Select "I have Ovia Health as a benefit" and enter your health plan and Yale University as your employer

3 Already have an Ovia app on your phone?

1. Open your app and tap "Health" to take the Ovia Health Assessment
2. Tap "Update my healthcare information" and enter your employer and health plan



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



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 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