Maternity app to support your entire pregnancy journey — included in your health plan benefits, offered through Blue Cross and Blue Shield of Illinois (BCBSIL)

- Watch your baby grow week by week
- Read daily personalized articles & tips
- Look up food and medication safety
- Watch supportive weekly videos about your pregnancy
- Learn about your health plan benefits

**features**

- Weekly baby size comparisons and development summaries
- Health tracking: symptoms, moods, activity, medication, and more!
- Instant feedback on your symptoms and alerts when Ovia detects a potential medical issue
- Return-to-work planning tools and career support
- 50+ physician-developed health and career programs
- Unlimited in-app coaching and telephonic support
your Ovia Pregnancy journey

- Sign up for Ovia® Pregnancy (make sure to select BCBSIL as your health plan and enter your employer name [optional] to get full access!)

- Take the Ovia Health™ Assessment and enroll in health programs tailored to your results

- Read personalized articles about your pregnancy and your relevant employer benefits

- Receive instant feedback on your health data and get support from your Registered Nurse health coach via in-app messaging and scheduled telephone calls

- Watch baby grow and learn about their daily and weekly development

- Count down until the big day! (and get ready for the move to Ovia Parenting)

Download Ovia Pregnancy on your smartphone, indicate that you have Ovia Health as a benefit, and enter your health plan and employer information (optional) for full access to your health and maternity benefits!