



# supporting the journey to and through parenthood

Through your TRS-ActiveCare plan, you have access to Ovia Health, a maternity & family benefit offering daily personalized support for your life and health.

 ovia fertility

Support for health tracking  
and starting a family

 ovia pregnancy

Support for your healthiest,  
happiest pregnancy

 ovia parenting

Support for the early years  
of parenting

## with each Ovia Health app, you have access to:

- ✓ Daily personalized articles & tips to help you achieve your goals
- ✓ Unlimited in-app messaging with a Registered Nurse health coach
- ✓ Instant analysis & feedback on your health data
- ✓ Information about your fertility, maternity & family benefits

## get started with Ovia Health!

1. Download the app that's right for you:
2. Select "I have Ovia Health as a benefit" during signup
3. Select Blue Cross and Blue Shield of Texas as your health plan
4. Enter your employer (optional)
5. Explore Ovia Health!

## already have an Ovia app on your phone?

1. Open the "more" menu
2. Tap "My healthcare info"
3. Select Blue Cross and Blue Shield of Texas as your health plan
4. Enter your employer (optional)



ACTIVECARE

+ oviahealth™