

# Support for every stage of life

## A women's health solution as unique as you

Ovia+ is a free benefit available to you and your family (members ages 18+). From cycle insights and family planning to postpartum and perimenopause, Ovia+ offers personalized women's health support.

### Your Ovia+ membership includes:

- **Personalized daily guidance** — articles, tips, and insights tailored to your health goals
- **Unlimited messaging with our Care Team** — backgrounds and training across nurses, midwives, and clinical experts available when you need them 365 days a year
- **Health and body literacy** — real-time analysis of your health data to help you feel empowered and make informed choices
- **Comprehensive tools in one place** — symptom and health tracking, Personalized Health Pathways, assessments, and access to our Care Team via messaging, phone, or video

### Get started with Ovia+

1. Download the Ovia app
2. Select “I have Ovia+ as a benefit” during signup
3. Enter “CDPHP” as your health plan
4. Personalize your Ovia+ experience by selecting your goal, taking the health assessment, and exploring our health programs

### Already have the Ovia app on your phone?

1. Open the “more” menu
2. Tap “My Ovia+ benefits”
3. Click “Update my information”
4. Enter “CDPHP” as your health plan



Support for cycle tracking and reproductive health, fertility, pregnancy, postpartum, and menopause

ES | The Ovia App is available in Spanish

