



# access your maternity and family benefits

Ovia Health provides maternity and family apps to support you through your entire parenthood journey. These apps are included in your health plan benefits, offered through Blue Cross and Blue Shield of Texas (BCBSTX).

Follow these easy steps to download Ovia and launch your account:

Download the app that's right for you



**Ovia Fertility**  
Health & Fertility



**Ovia Pregnancy**  
Pregnancy & Postpartum



**Ovia Parenting**  
Family & Working Parents

When signing up, choose “I have Ovia Health as a benefit” before tapping “Sign up” and make sure to select BCBSTX as your health plan and enter your employer name.

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 select BCBSTX as your health plan and enter your employer name.

