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Is your family growing? Get the support and resources you need with Ovia Health [1]

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If you're a new parent, you probably have a lot of questions about kids. If you're trying to have a baby, you might have even more. To help you sort things out, the CU Health Plan is now offering Ovia Health [3] to CU Health Plan members.

Ovia Health offers a suite of apps to help families throughout each stage of pregnancy and early parenting. Whether you're trying to conceive, expecting a baby or parenting a new family member, Ovia has tools and resources for you.

Three distinct apps are available: **Ovia Fertility**, **Ovia Pregnancy** and **Ovia Parenting**. The apps provide education on fertility, pregnancy and parenting, as well as specific information about the maternity benefits available through the University of Colorado. Ovia also provides in-app tools to help you with things like tracking fertility cycles, pregnancy symptoms and your child's growth.

Choose the right app for your needs

Ovia Fertility: Women can learn more about their health and fertility with cycle tracking, expert research and tips and instant data feedback. Use it to predict periods and ovulation, track symptoms and mood and get pregnant faster.

Ovia Pregnancy: Get answers to all of your pregnancy questions with articles, health and wellness tips. Use it to track the growth of your baby, research the effects of foods and medications, learn about your symptoms and have an overall healthier pregnancy.

Ovia Parenting: Ovia Parenting supports families with expert parenting articles, daily tips and guidance based on your child's age and the ability to share updates with friends and family. Use it to identify and understand developmental milestones, track progress and have an easier transition to life with a new family member.

Get more information and register

To learn more about Ovia and sign up, visit the CU Health Plan online [3].

CU Health Plans [4], benefits [5], Wellness [6]
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