

your path to family health made easier

CDPHP® has partnered with Ovia Health™ to provide maternity and family benefits that support you through your entire parenthood journey

To receive these personalized health and wellness benefits, you'll need to download Ovia and launch your account:

- 1 Download the app that's right for you
- 2 Select "I have Ovia Health as a benefit" during signup and enter CDPHP
- 3 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 enter CDPHP



Ovia® Fertility

Health & Fertility



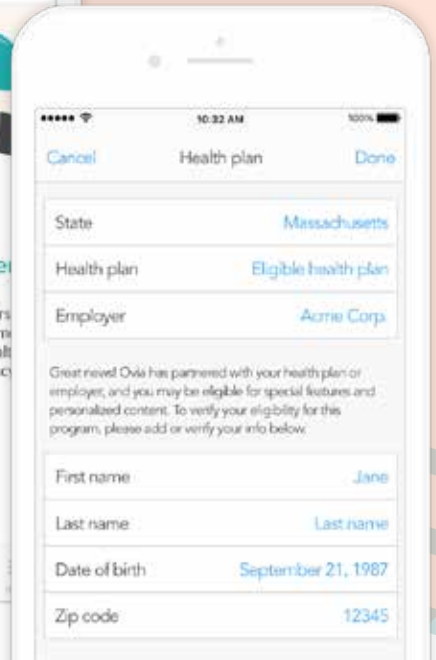
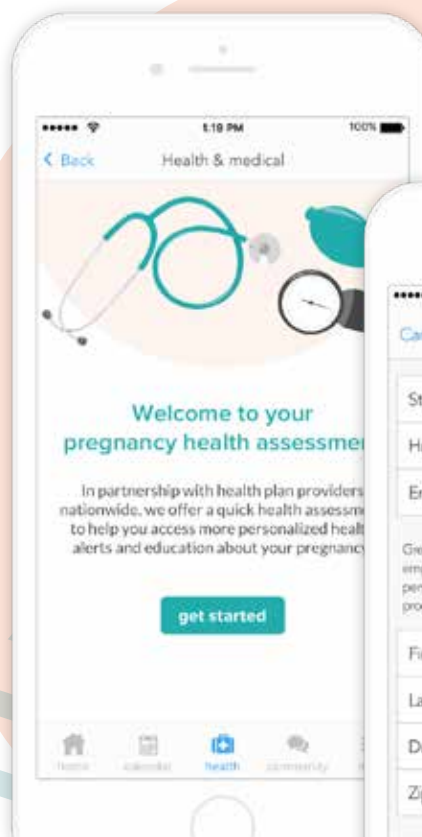
Ovia® Pregnancy

Pregnancy & Postpartum



Ovia™ Parenting

Family & Working Parents



All Ovia Health members have access to these features:

- ✓ Health and menstrual cycle tracker
- ✓ Pregnancy calendar and daily baby updates
- ✓ Child's development checklist
- ✓ Parental wellbeing tips
- ✓ Daily health and wellness content



As a CDPHP member, you'll have premium access to enhanced, personalized health and wellness features:



Health assessment and symptom tracking

Receive alerts and predictive, personal coaching when Ovia detects a potential medical issue



Over fifty physician-developed clinical programs to help you be as healthy as possible

Engage with personalized health and wellness programs to help you navigate infertility, sexual health, birth planning, prenatal nutrition, mental health, breastfeeding, and more



Unlimited 1-on-1 coaching

Message instantly with Ovia Health coaches to ask all your questions



Benefits library

Learn about and access your other CDPHP benefits from one centrally located, easy to find place



Career and return-to-work programs

Find coaching and career advice for preparing for maternity leave, returning to work, and being a working parent

Eligible CDPHP members receive full access to Ovia Health at no cost.*

*Please check your member contract or call member services at the number on your ID card to see if you're eligible.

We understand that your personal health is private, and we take that seriously. You can find out more by reading our Privacy Policy.