

access your maternity and family benefit

Ovia Health™ offers support for reproductive health, starting a family, having a healthy pregnancy, balancing life as a parent and managing menopause.



Support for reproductive health, fertility and menopause



Ongoing support for your healthiest, happiest pregnancy



Your go-to resource for parenting support

Get started with Ovia Health!

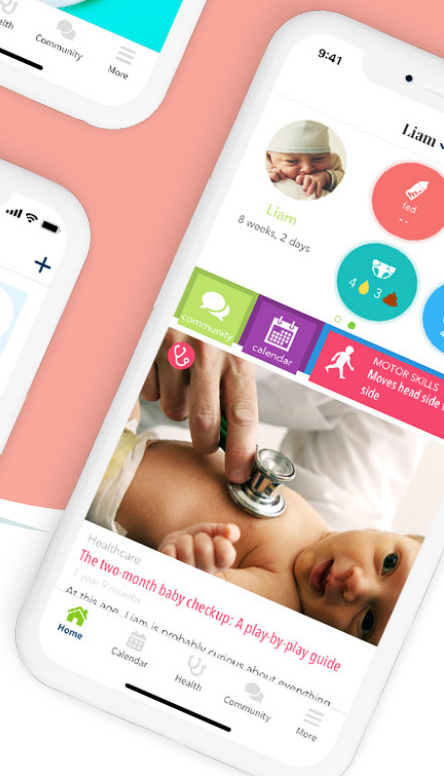
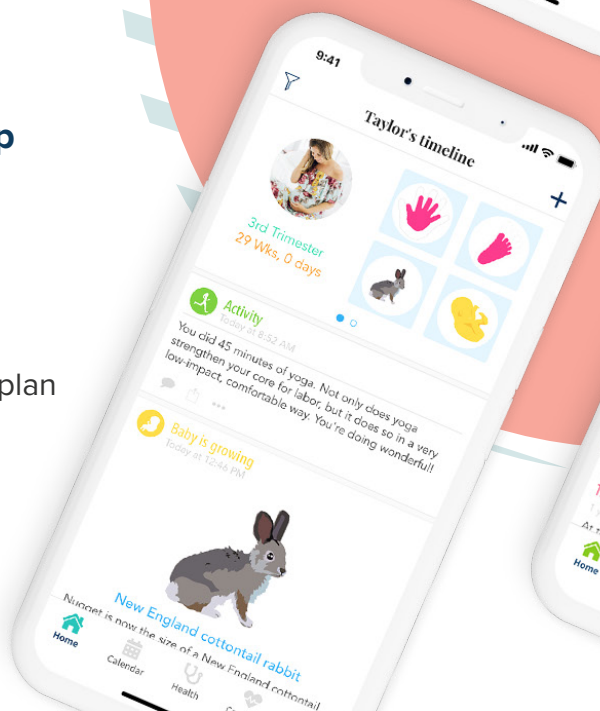
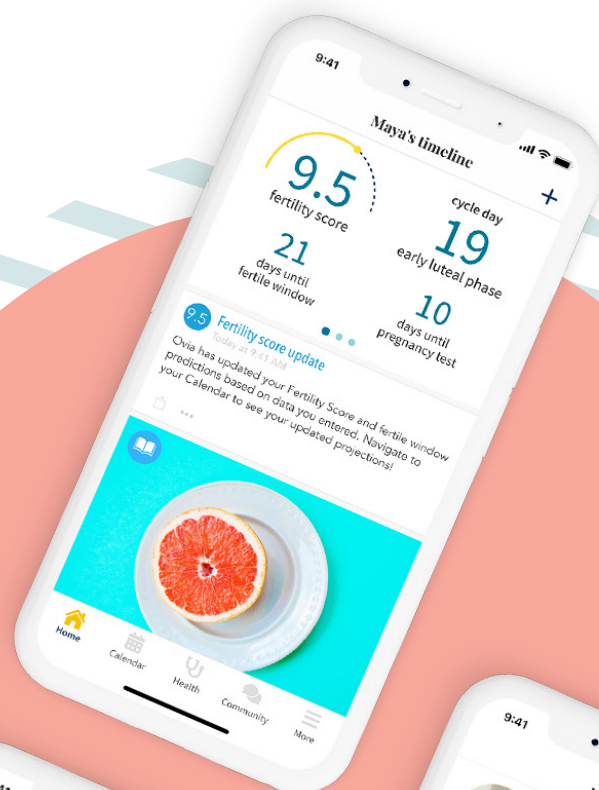
- 1 Navigate to Castlight by visiting your pathfinder and selecting Benefits
- 2 Click the Castlight logo
- 3 Visit mycastlelight.com/activationblizzard (or Text2 APP to 35925 to download the Castlight app)
- 4 Select the Ovia Health app that's right for you and enter your email address
- 5 Explore Ovia Health!

Already have an Ovia Health app on your phone?

- 1 Open the "more" menu
- 2 Tap "My healthcare info"
- 3 Enter your Castlight as your health plan



ES | Ovia Apps are available in Spanish



All Ovia Health members have access to these features:

- Health and menstrual cycle tracker
- Tools to help manage menopause symptoms
- Pregnancy calendar & daily baby updates
- Child's development checklist
- Daily health and wellness content
- Data & symptom feedback



With Ovia Health, you'll have access to enhanced, personalized health and wellness features:



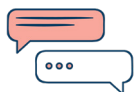
Health assessment and symptom tracking

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



More than 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, preterm delivery, mental health, breastfeeding, navigating menopause and more



Unlimited 1-on-1 coaching

Message instantly with registered nurse health coaches to ask all your questions



Benefits library

Learn about and access your other company 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

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

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