

Ovia Health Program FAQ

Ovia Health is a maternity & family health solution supporting reproductive health, pregnancy, and parenthood. At no additional cost to employers or members, the Ovia Health apps (**Ovia Fertility**, **Ovia Pregnancy**, and **Ovia Parenting**) offer members personalized support for the journey to and through parenthood—including health insights, expert content and tips. It also includes health coaching by a team of registered nurses, licensed nurse practitioners, licensed social workers and mental health providers, certified nurse midwives, internationally board-certified lactation consultants and infant and child sleep consultants¹.

Who may benefit from Ovia Health?

- Women interested in tracking their reproductive health and fertility
- Women and couples trying to start or grow their family (including via assisted reproductive technology, surrogacy, adoption, etc.)
- Women and couples who are pregnant
- Parents of a newborn, baby, or toddler
- Those preparing for (or returning from) parental leave
- Those navigating their fertility, maternity and family benefits

How do eligible employees access Ovia Health?

Download Ovia Fertility, Ovia Pregnancy, or Ovia Parenting from the App Store or Google Play. If new to Ovia the employee will need to select **“try it now”** to create an account, and if currently using the consumer app they will need to select **“I have Ovia Health as a benefit”**² during signup and enter the name of their employer and/or health plan when prompted, to gain full access to the Ovia Health enterprise solution offered through Harvard Pilgrim.

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¹ Harvard Pilgrim Health Care does not specifically endorse or recommend, and makes no warranties expressed or implied, that communication with Ovia Health is a substitute for professional medical advice, diagnosis or treatment. Members should always seek the advice of their physician or qualified health provider with any questions concerning their medical or mental health condition.

² Please note that Ovia is a medical management program that provides services related to fertility, family planning and maternity benefits that are covered in accordance with the Harvard Pilgrim policy.

What is the impact of Ovia Health on maternal and infant health?

Ovia Health is proven to improve clinical outcomes, reduce medical spend, and lower employee turnover³.



OVIA HEALTH OFFERS UNIQUE FEATURES THAT DRIVE ONGOING AND REGULAR MEMBER ENGAGEMENT THAT RESULT IN POSITIVE HEALTH AND FINANCIAL OUTCOMES, INCLUDING EARLY IDENTIFICATION OF HIGH-RISK PREGNANCIES

Key components for measuring the results include:

- Increase natural conception & avoided multiple gestations
- Reduction in preterm delivery
- Reduction in C-sections
- Reduction in preeclampsia
- Increase in perinatal mental health identification
- Increase in parents returning to work after parental leave

³ Resources showing improvement of clinical outcomes:

- Journal of Medical Internet Research (JMIR). Digital Tools Fill a Gap in Mental Health Screening and Support, Particularly for Women Lacking Strong Social Networks. Dani Bradley, MS, MPH; Christina Cobb; Adam Wolfberg, MD, MPH. 2019.
- American Psychiatric Association. Risk of perinatal depression among women screened within a mobile application. Dani Bradley, MS, MPH; Louis Faust, PhD; Erin Landau; Alex Baron, PhD; and Adam Wolfberg, MD, MPH. 2019.
- Obstetrics & Gynecology. Patient Perceptions of Medications That Reduce the Risk of Preterm Delivery and Preeclampsia. Bradley, Danielle MS, MPH; Cobb, Christina; Landau, Erin; Wolfberg, Adam MD, MPH. 2019.
- Obstetrics & Gynecology. Cervical Length Screening: Barriers to, and Patient Perception of, Cervical Length Measurement. Bradley, Danielle MS, MPH; Cobb, Christina; Landau, Erin; Wolfberg, Adam MD, MPH. 2019.
- Obstetrics & Gynecology. Predicting the Likelihood of Delivering Preterm Using Data Collected From a Pregnancy Mobile App. Bradley, Danielle MS, MPH; Landau, Erin; Wolfberg, Adam MD, MPH; Baron, Alex PhD. 2019.
- Obstetrics & Gynecology. Detecting Preeclampsia Using Data From a Pregnancy Mobile App. Bradley, Danielle MS, MPH; Landau, Erin; Wolfberg, Adam MD, MPH; Baron, Alex PhD. 2019.
- American Journal of Obstetrics and Gynecology. Predicting the likelihood of developing gestational diabetes using data collected from a pregnancy mobile app. Bradley, Danielle MS, MPH; Landau, Erin; Wolfberg, Adam MD, MPH; Baron, Alex PhD. 2019.
- Ovia Health Book of Business Claims Data Report, 2020.
- Clinical briefing. Beyond birth: Continuing care for moms when they need it most. 2019.
- Clinical briefing. Creating Healthier Behaviors and Healthier Women and Families. 2019.
- Benefits briefing. Maternity & Family Benefits: A compelling case for why they're good for business. 2019.

Resources showing reduction of medical spend:

- Ovia Health Book of Business Claims Data Report, 2020.
- Clinical briefing. Creating Healthier Behaviors and Healthier Women and Families. 2019.
- Benefits briefing. Maternity & Family Benefits: A compelling case for why they're good for business. 2019.

Resources showing lowering of employee turnover:

- Ovia Health Claims Data Analytics, 2020.
- Benefits briefing. Maternity & Family Benefits: A compelling case for why they're good for business. 2019.