

Support during some of life's biggest transitions

We understand that every health journey is different, and we're here to support you on yours

Ovia+ offers essential resources for women's health, preventive care, family planning, pregnancy, postpartum recovery, and menopause. So, no matter what stage you are in life, you have the tools and information you need to manage and maintain your health. Ovia+ is included in your health plan benefits, offered through BlueCross and Blue Shield of Texas (BCBSTX).

With Ovia+, you have access to:

- Daily personalized articles and tips to help you achieve your goals
- Unlimited in-app messaging with our team of health professionals
- Instant analysis and feedback on your health data
- Features including health and symptom tracking, checklists, health assessments, access to a care team 7 days a week, and informative content guided by our dedicated team of clinical experts

Get started with Ovia+

1. Download the app that's right for you
2. Select "I have Ovia+ as a benefit" during signup
3. Enter your health plan (required) and employer (optional)
4. Explore Ovia+

Already have an Ovia app on your phone?

1. Open the "more" menu
2. Tap "My Ovia+ benefits"
3. Click "Update my information"
4. Enter your health plan (required) and employer (optional)



Support for cycle tracking and reproductive health, fertility, pregnancy, postpartum, and menopause



Your go-to resource for preparing to parent and parenting support

