

## Ovia Pregnancy testimonials

“ My wife and I are expecting our first child in a few weeks. I've been following along with Ovia and have found it very useful and informative. It's helped me feel more connected and empathize with what's going on. My wife feels like she doesn't know anything about pregnancy, so I REALLY don't know anything.

**Following along has helped me feel like I'm a part of the process and understand what she and the baby are going through. ”**



“ The health coach interactions are very useful, and having one place to track my pregnancy and that is always with me for reference is really nice. When I'd be worried about a test result and needed feedback on it before my next doctor's appointment, **the health coach was there to provide good info and settle my nerves. ”**

Fertility, pregnancy and parenting apps from Ovia Health are included in your company's health plan benefits, offered through Blue Cross and Blue Shield of Illinois (BCBSIL).

**Download Ovia Pregnancy on your smartphone today!**

Be sure to enter BCBSIL as your health plan and your employer name for full access to your health and maternity benefits.