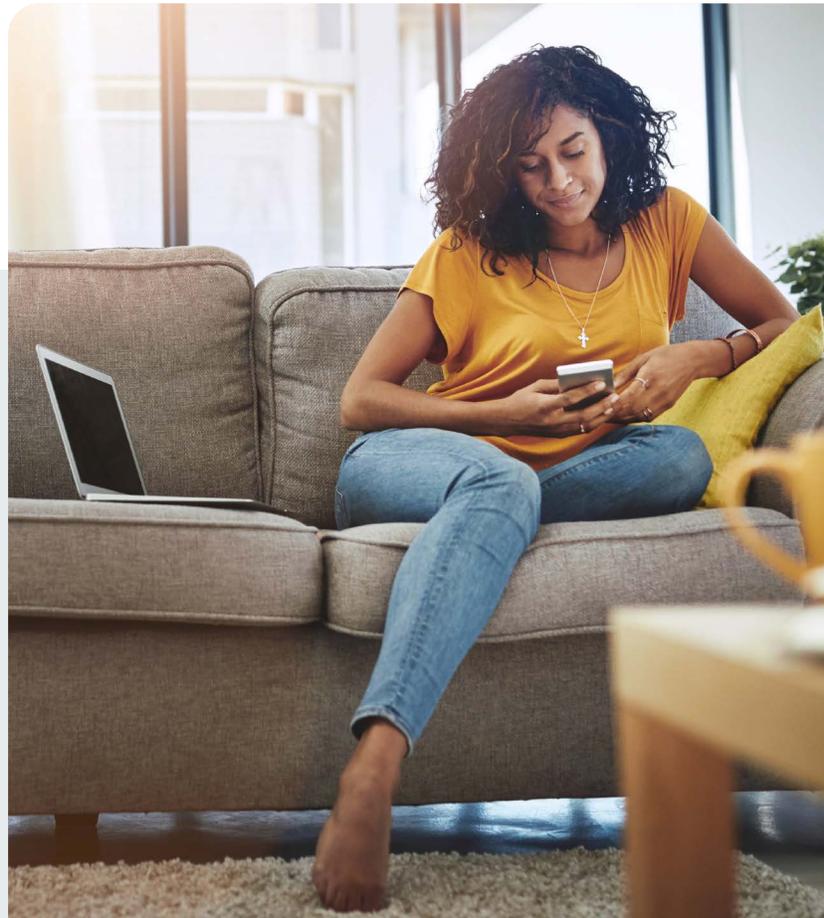




# Mental Health Support through Ovia



Mental wellness is an important part of your health, and Ovia is here to support you.

**Mental Health Education** is available if you're looking to explore general content and **Mental Health Support** is there for members with pre-existing mental health diagnoses and for those presenting with signs and symptoms. Each program is tailored to your life stage, so you'll get the information most relevant to your life stage.

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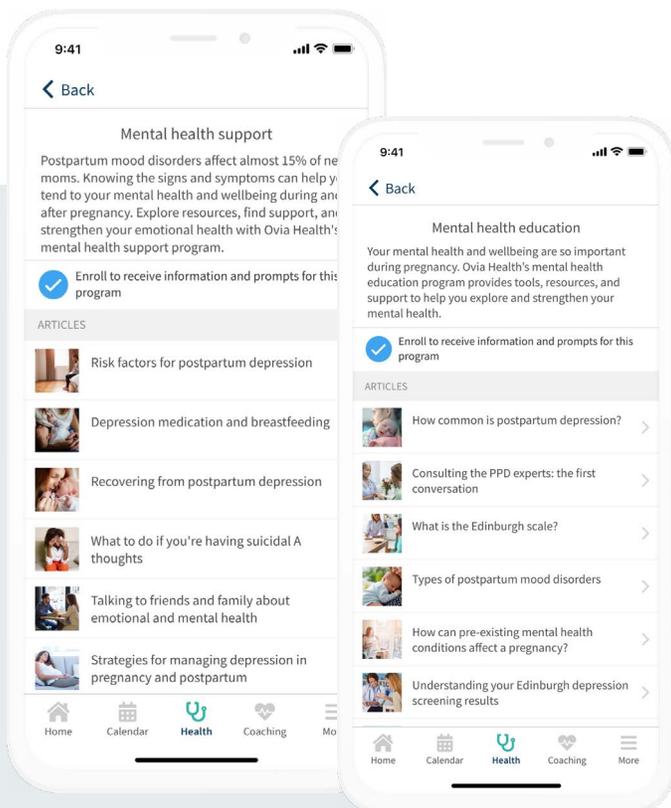
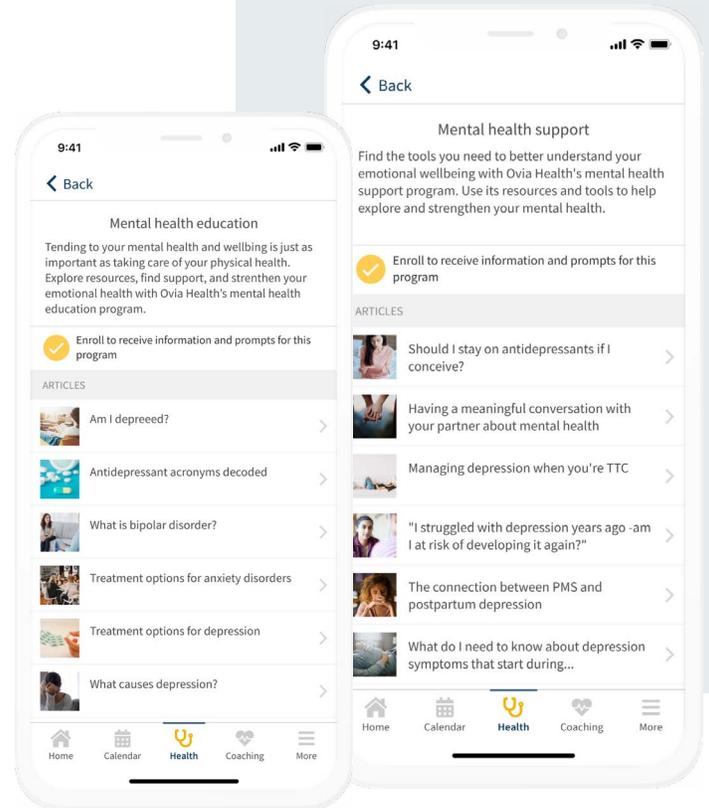
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# Mental health & conception

When trying to conceive, you may have questions like:

- Can stress affect my ability to conceive?
- How can pre-existing mental health conditions affect conception or pregnancy?
- Am I at risk of a resurgence of an old mental health diagnosis (depression, anxiety)?

Ovia provides robust support tailored specifically for those thinking about conception and guidance to talk to your OB/GYN or mental health provider when you're ready. Our coaches are also available to help you through this transitional time.



## Managing stress, anxiety, & depression during pregnancy

Pregnancy is an exciting and often stressful time, full of questions like:

- Pregnancy has affected my lifestyle. How do I continue to practice self-care?
- What signs of mental health changes should I look out for during pregnancy? Are mood swings normal?
- Does having depression or anxiety impact my baby? Is it safe to take my previous medications?

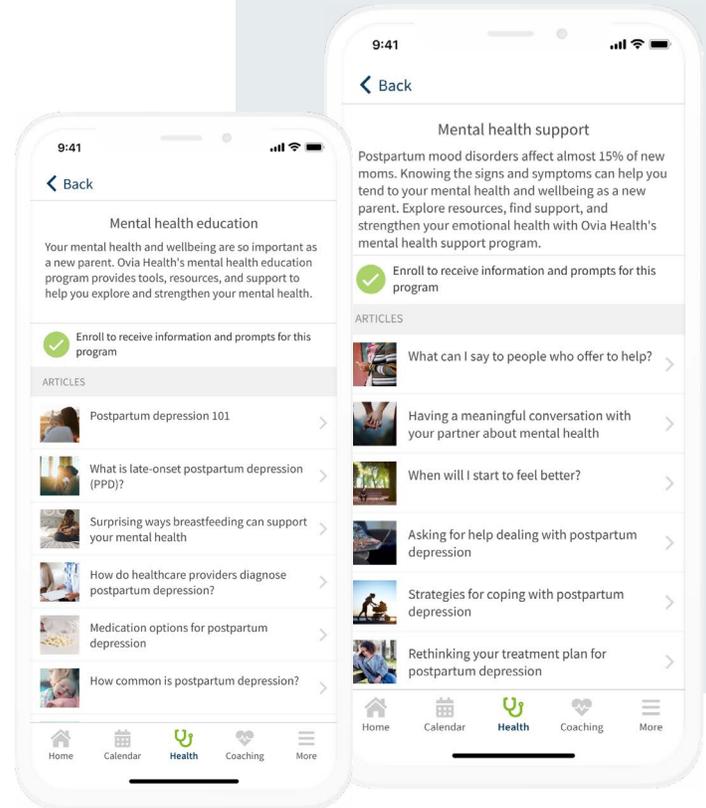
In addition to an extensive library of content around physical health during pregnancy, we have resources dedicated to pregnant people who are concerned about mental health. Health coaches are also available to help you create a self-care regimen that works for your changing needs and changing body.

# Creating longevity in parental wellbeing

Bringing a baby home is thrilling but full of unknowns. From the first day back through the teen years, the key to parental wellbeing is creating mental health longevity:

- How do I know if I have postpartum depression or anxiety?
- What wellbeing practices can I implement for my whole family?
- How do I find time to practice self-care as a parent?
- Where can I go for support or to talk to someone who understands what I'm going through?

For parents, the key to mental health is often creating healthy habits for the entire family. That said, every family is different and some people may need additional support for preexisting mental health conditions or postpartum depression. By screening for postpartum depression early and connecting you with health coaches who specialize in mental health, we are here to support you throughout your parenting journey.



For more information, visit [connect.oviahealth.com/bcbstx](https://connect.oviahealth.com/bcbstx)

From education and support that's there when you need it to specialized health coaches that are trained to have mental health conversations, share resources, and help you find in-network behavioral health providers, Ovia Health is here for you.



Interested in learning more? Enroll in mental health programming through any of our solutions.

 ovia fertility

 ovia pregnancy

 ovia parenting

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