Maternity app to support your entire pregnancy journey — included in your health plan benefits, offered through Blue Cross and Blue Shield of Texas (BCBSTX)

- Watch your baby grow week by week
- Read daily personalized articles & tips
- Look up food and medication safety
- Watch supportive weekly videos about your pregnancy
- Learn about your employer & health plan benefits

features

- Weekly baby size comparisons and development summaries
- Return-to-work planning tools and career support
- Health tracking: symptoms, moods, activity, medication, and more!
- 50+ physician-developed health and career programs
- Instant feedback on your symptoms and alerts when Ovia detects a potential medical issue
- Unlimited in-app coaching and telephonic support