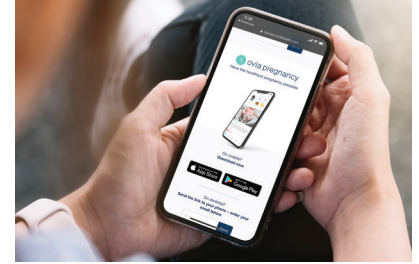




An Independent Licensee of the Blue Cross Blue Shield Association

# Get daily support for your Health & Parenthood Journey



Blue Cross® Blue Shield® of Arizona brings you a new suite of resources that support women and families throughout the entire parenthood journey. Enroll in the Ovia fertility, pregnancy, or parenting program, then download the Ovia app that's right for you. You'll have access to expert content, health insights tailored to your unique needs, and unlimited one-on-one health coaching with a dedicated well-being team of experts.

## Choose the program that's right for you and your family



### OVIA

Guidance through various life stages including cycle tracking, fertility, and menopause.



### PREGNANCY

Your pregnancy partner. Watch your baby grow and have your healthiest, happiest pregnancy.



### PARENTING

Your parenting playbook. Track your baby's health & development and get personalized support and guidance.

## GET STARTED

- Sign in to your Sharecare app, or register at [azblue.sharecare.com](https://azblue.sharecare.com)
- Go to the **Achieve** section, then **Programs**
- Select the program that's right for you
- Download the Ovia app

*Enroll* in the pregnancy program to find out how to get a **\$100 reward.**

Ovia is a registered trademark of Ovia Health. Sharecare is a registered trademark of Sharecare, Inc. The Ovia Health program is administered by Sharecare, Inc., an independent company contracted to provide this online program and/or services for Blue Cross Blue Shield of Arizona. Information provided by Sharecare is not a substitute for the advice or recommendations of your healthcare provider. Members under age 18 must obtain parental consent to participate in the program. Services and treatment options presented may not be covered under your health insurance plan. Check your plan benefits before receiving services. Gift card may be taxable under federal income tax. Plan members should consult with their tax advisor. Blue Cross, Blue Shield, and the Cross and Shield Symbols are registered service marks of the Blue Cross Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans. ©2020 Blue Cross Blue Shield of Arizona, Inc. All rights reserved.

