

## Additional programs available to you

### ovia Health: A digital support program

Ovia Health provides maternity and family apps to support you through the entire parenthood journey. These apps are included in your health plan, offered through BCBSTX.

With Ovia, you'll have access to enhanced, personalized health and wellness features:

- Health assessment and symptom tracking; receive alerts and predictive, personal coaching when Ovia detects a potential medical issue
- More than fifty physician-developed clinical programs to help you be as healthy as possible; engage with personalized health and wellness programs to help you navigate infertility, sexual health, birth planning, preterm delivery, mental health, breastfeeding and more
- Unlimited one-on-one coaching; message a health coaches to ask all your questions
- Career and return-to-work programs; find coaching and career advice about preparing for maternity leave, returning to work and being a working parent

Download the app that's right for you:

- **Ovia** – Reproductive Health, Fertility and Menopause
- **Ovia Pregnancy** – Pregnancy & Postpartum
- **Ovia Parenting** – Family & Working Parents

To create an account, choose "I have Ovia Health as a benefit" before tapping "Sign up." Select BCBSTX as your health plan and enter your employer name.

### Adding newborns to benefits

Your newborn is not automatically enrolled in your medical plan. Contact your Human Resources department and complete the required enrollment paperwork to add your newborn. If you enroll your newborn within 31 days from the date of birth, coverage is effective on the date of birth. If you do not add your newborn within 31 days from the date of birth, you cannot add your newborn until the next annual enrollment period.

### Diabetes Management by Teladoc® Health

Teladoc Health's Diabetes Management program is designed to help you manage your diabetes better by providing a coach who can help support your efforts. You'll get a blood glucose meter that you can use to upload your blood sugar readings.

Get access to readings, along with graphs and insights, from a mobile app and website. You'll also get unlimited, no-cost strips and lancets shipped to your door.

### Hypertension Management by Teladoc Health

The Hypertension Management program from Teladoc Health offers a blood pressure monitor combined with the power of personalized coaching. Your coach can help you stabilize your blood pressure, make sense of your readings and give feedback to easily track your progress.

You'll also learn to eat healthier and discover new ways to lose weight as well as better manage your medications.

### Wondr™

Wondr is a weekly, self-paced, online program that teaches you how to manage your weight and improve your health without giving up your favorite foods. Wondr is based on Eatology™, the study of when, why and how we eat. It teaches common-sense skills to help you lose weight and keep it off in the real world, which leads to feeling your best. It can also reduce your risk for serious conditions like diabetes and heart disease. For more information, visit [wondrhealth.com/pebc](http://wondrhealth.com/pebc).

### Hinge Health

With the Hinge Health program, you'll have access to a new innovative digital program for chronic back, shoulder, neck, hip or knee pain. Use the app and wearable sensors for a personalized exercise therapy (done in your own home) that is shown to reduce pain from chronic conditions.

You'll also get unlimited one-on-one coaching to help support you.

### Virtual Visits by MDLIVE

Whether you're at home or traveling, you and your covered dependents have access to 24/7 non-emergency care from a board-certified doctor or therapist through MDLIVE. The average wait time is less than 20 minutes.