



# Prepare for Your Life-Changing Journey

## Women's and Family Health Pregnancy and Parenting Support

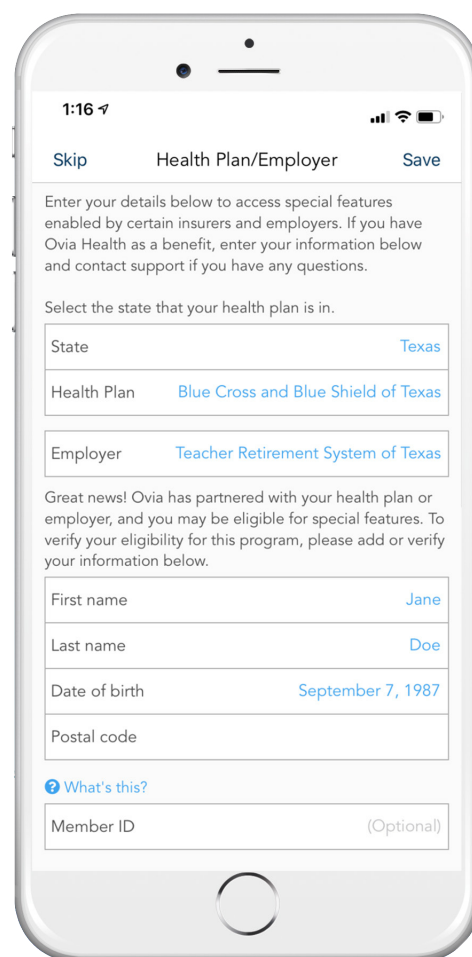
Whether you are pregnant or planning to get pregnant, TRS-ActiveCare offers the right tools and resources to guide you on your journey into parenthood.

- **Ovia Health™†** apps are for tracking your cycle, pregnancy and baby's growth. The apps are available in English and Spanish,\* and provide videos, tips, coaching and more.
  - **Ovia Fertility:** Track your cycle and predict when you are more likely to get pregnant.
  - **Ovia Pregnancy:** Monitor your pregnancy and baby's growth week by week leading up to your baby's due date.
  - **Ovia Parenting:** Keep up with your child's growth and milestones from birth through three years old.
- **Well onTarget®** offers digital self-management programs to support healthy pregnancies through every stage. Access these programs by going to [www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare) and logging in to your Blue Access for Members<sup>SM</sup> portal. Click on the **Well onTarget** link on the left side of the homepage, under "**quick links**" and click "**menu**" in the upper left corner. Select "**self-management programs**" and choose one of the five available "**Nurturing Your Healthy Pregnancy**" courses.

Plus, if your pregnancy is high-risk, BCBSTX will provide support from maternity specialists to help you care for yourself and your baby. Having a baby changes everything, so use these resources to help you get ready.



Download any of the Ovia Health apps from the Apple App Store or Google Play. During sign-up, make sure to choose "**I have Ovia Health as a benefit.**" Then select **Blue Cross and Blue Shield of Texas** as your health plan.



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Skip Health Plan/Employer Save

Enter your details below to access special features enabled by certain insurers and employers. If you have Ovia Health as a benefit, enter your information below and contact support if you have any questions.

Select the state that your health plan is in.

State Texas

Health Plan Blue Cross and Blue Shield of Texas

Employer Teacher Retirement System of Texas

Great news! Ovia has partnered with your health plan or employer, and you may be eligible for special features. To verify your eligibility for this program, please add or verify your information below.

First name Jane

Last name Doe

Date of birth September 7, 1987

Postal code

What's this?

Member ID (Optional)

Please call a Personal Health Guide at **1-866-355-5999** if you have questions or want to learn more.

†Ovia Health is an independent company that provides maternity and family benefits solutions for members enrolled with Blue Cross and Blue Shield of Texas.

\*To access the Spanish version of the Ovia Fertility, Ovia Pregnancy and Ovia Parenting apps, you must select "Español" as the language preference in your mobile phone or device settings.