

clinical pathways

Ovia Health improves health outcomes and reduces healthcare costs by guiding members through personalized clinical pathways based on their health, life stage, needs, and interests.



here's how it works:



Maria enrolls in Ovia Health during her first trimester. We create her unique health profile based on her health assessment, history, and goals.

Ovia Health customizes her experience by enrolling her in the following clinical pathways:

- General health
- Prenatal nutrition
- Patient advocacy
- Preterm history
- Mental health education
- Choosing a hospital
- Breastfeeding preparation
- Healthy weight gain
- Returning to work



Maria uses Ovia daily to log symptoms, read updates on her pregnancy progress, and watch her baby grow.

In addition to fun, engaging features, Ovia delivers timely information and tips in line with each clinical pathway, educating Maria through a virtually invisible curriculum.



Maria's health coaching team builds a curriculum based on her health profile, pathways, and behavior change theory — reaching out at key moments during her pregnancy journey to give guidance when it's most impactful.



Maria completes each clinical pathway, feeling prepared, informed, and healthy as she awaits the arrival of her little one.



Ovia Health's clinical pathways



General health
Irregular cycles
Sexual health
Cycle tracking
Endometriosis education
Endometriosis management
PCOS education
PCOS management
Uterine fibroids education
Uterine fibroids management
Birth control tracking
Birth control education
Difficulty conceiving
IUI
IVF
Hormone therapy
Mental health education
Mental health support
Choosing a hospital
Male fertility
Adoption resources
Surrogacy resources
Career & lifestyle



General health
Prenatal nutrition
C-section
Midwifery
Patient advocacy
Gestational diabetes prevention
Gestational diabetes management
Preterm history
Short cervix
Progesterone tracking daily
Progesterone tracking weekly
Mental health education
Mental health support
Choosing a hospital
Breastfeeding preparation
Surrogacy resources
Returning to work
Moms at work
Healthy weight gain
Preeclampsia prevention
Preeclampsia management



Child Programs

Preventative care
Sleep
Pediatric health
Nutrition
Breastfeeding
Formula-feeding
Behavior
Allergy education
Allergy management
Surrogacy resources
Autism awareness
Autism support

Parent Programs

General health
Postpartum health
Breastfeeding support
Mental health education
Mental health support
Adoption resources
Returning to work
Moms at work
Working parents

Email benefits@oviahealth.com to learn more about Ovia Health's comprehensive maternity & family benefits solution.