



1 in 5

new parents experience  
depression after having a child.<sup>1</sup>

Each identification and treatment  
of postpartum depression saves

**\$32,000**

annually.<sup>2</sup>

## earlier identification means better outcomes for perinatal mood disorders

**Once members enter their postpartum period, Ovia has become a key source of support and a trusted friend.**

Unlike a sterile provider's office where perinatal mood disorder screenings are normally completed, often aloud and only at the six-week postpartum visit, Ovia Health members can answer the same questions from the same validated mental health screeners from the comfort of their own home, when they're ready and without embarrassment.

By identifying more instances of perinatal mental health conditions, Ovia Health aims to decrease the likelihood of long-term mental illness and other health complications.

1. Mughal S, Azhar Y, Siddiqui W. Postpartum Depression. [Updated 2022 Oct 7]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan.  
2. Societal Costs of Untreated Perinatal Mood and Anxiety Disorders in the United States\*, Mathematica, 2019.

## Seeking care for perinatal mood disorders

Perinatal mood disorders are often stigmatized, dissuading new parents from seeking help. These conditions are underreported in traditional clinical settings due to:

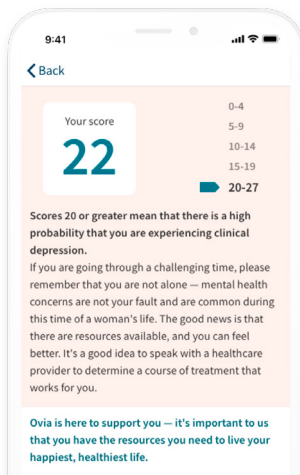
- Poor adherence to screening guidelines
- Clinical screening setting is not always conducive to honest responses
- Lack of provider training for helping patients with depression

**3x**  
more frequent mental health screening than the national average<sup>3</sup>

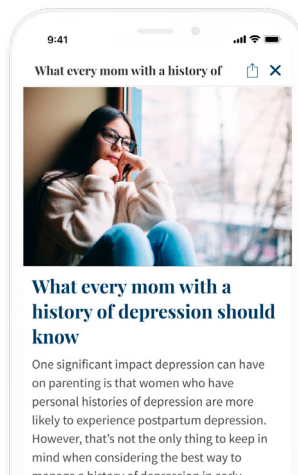
Early identification and treatment of perinatal mood disorders is key. Ovia calibrates risk levels throughout a member's health journey, beginning in pre-conception and following the member throughout pregnancy and postpartum, meaning that we have a thorough understanding of their mental state.

## Ovia's health programming and experts at work

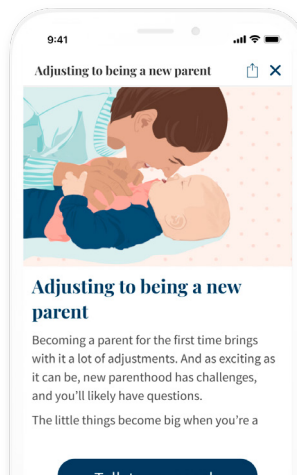
**Risk stratification**  
PHQ-9 and EPDS  
delivery



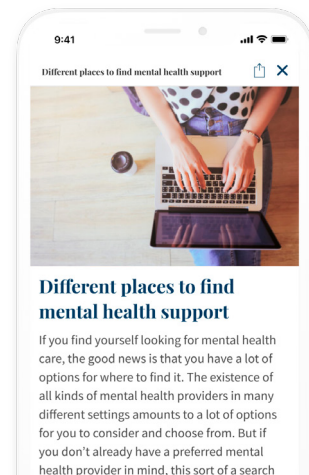
**Clinical education**  
to inform and  
destigmatize



**Unlimited access**  
to coaching  
(LICSW and PsyD)



**Digital interventions**  
and timely navigation  
to the Health Plan



## What this means for your organization

All of Ovia Health's solutions look for early warning signs, screen for perinatal mood disorders, and navigate members to treatment, avoiding **up to \$32,000** per early-diagnosed patient annually.<sup>4</sup>

3. Bradley et al., 2019. Risk of perinatal depression among women screened within a mobile application. Presented at the American Psychiatric Association annual conference.

4. Societal Costs of Untreated Perinatal Mood and Anxiety Disorders in the United States", Mathematica, 2019.