

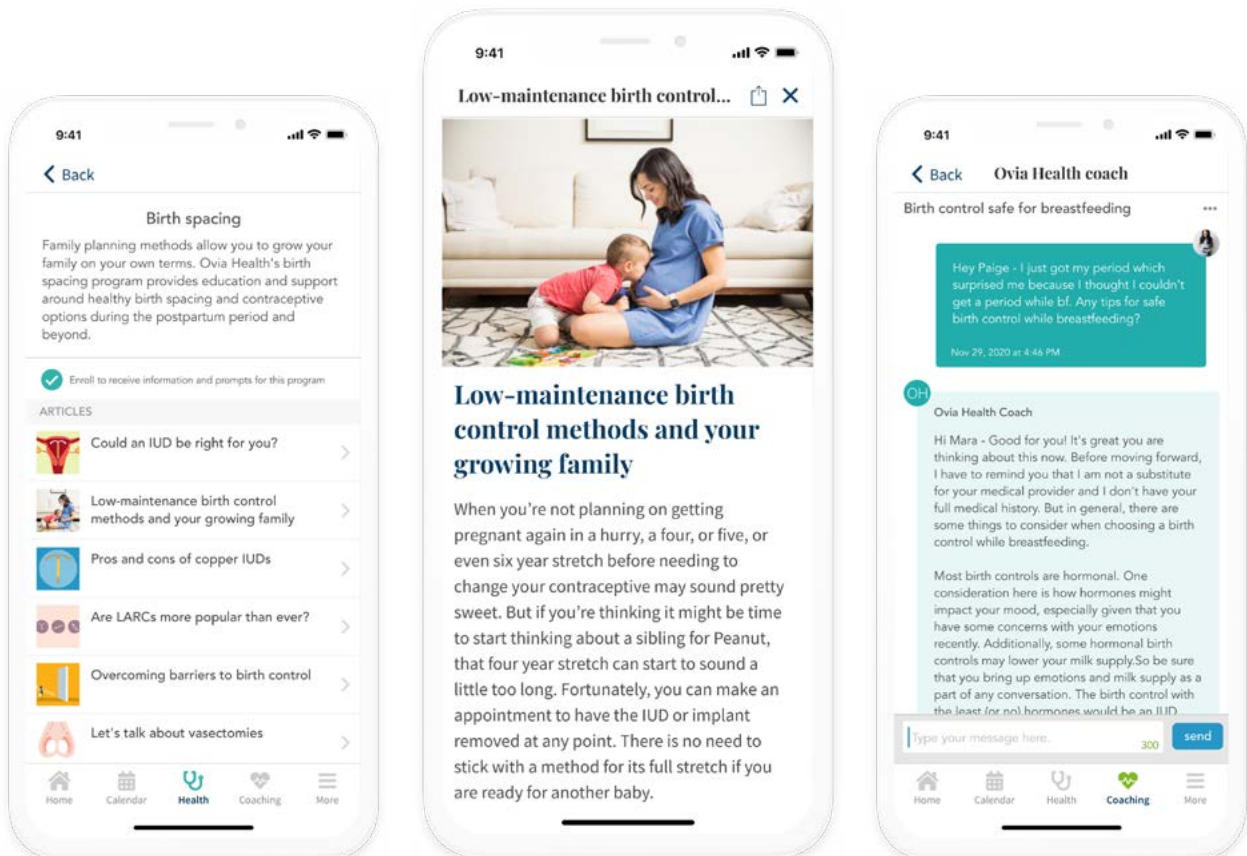
ovia health™

announcing contraceptive planning & healthy birth spacing program



Ovia is dedicated to equipping women with the tools to make the right family planning choices for them, at the right moments in their journey.

Expecting mothers who would like to continue to build their families can benefit from Ovia's Contraceptive Planning & Healthy Birth Spacing modules to plan healthy pregnancies.



Healthy Birth Spacing

Women who get pregnant <6 months postpartum have 80% increased odds of having a preterm birth and other complications,¹ making healthy birth spacing a top priority.

The American College of Obstetricians and Gynecologists recommends waiting at least 6 months to conceive after giving birth,² and the best way to do this is by talking to your doctor about contraception.

Yet, there are many barriers to birth spacing resources and contraception access right now:

- Many new or expecting mothers are having difficulty scheduling OB-GYN visits due to COVID-19
- There is a common misconception that women who are recently postpartum or breastfeeding cannot get pregnant, but this is only true within strict parameters³

Education & Resources

We are here to help you achieve your goals through knowledge and tools. To guide you along your birth spacing journey:

- Take Ovia's Pregnancy Health Assessment to identify your health goals and birth history
- Receive contraceptive and birth spacing education tailored to your needs
- Engage in high-touch decision support from your health coach(es)

Family planning includes family spacing: take Ovia with you on the next stage of your journey.

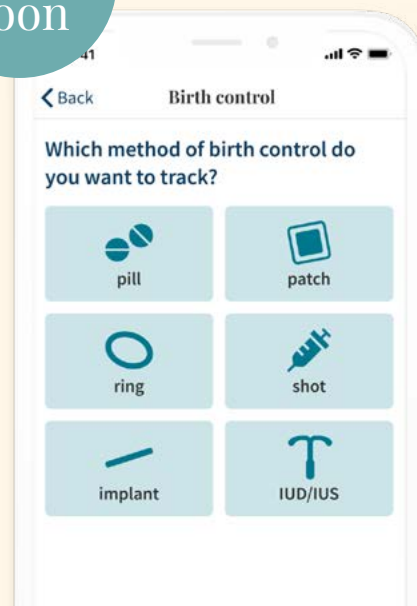
Contraceptive Tracking

45% of pregnancies are unplanned.⁴ Yet, using contraception will not impact your ability to have children in the future,⁵ making determining the best birth control for you a critical part of your postpartum checklist.

Mothers who have just given birth can engage their health coaches to discuss contraception options, including if and when they would like to get pregnant again and the different options available. Contraception has a wide variety of uses, from alleviating menstrual cramps to preventing or delaying pregnancy, and we offer an equal variety of tracking options.

Don't skip a beat — log your chosen contraception in Ovia to ensure you stay on track.

coming
soon



Download



ovia pregnancy

Download



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¹ Shachar et al., 2016

² Acog Obstetric Care Consensus, 2019; National Vital Statistics Report, 2015

³ ACOB Postpartum Birth Control FAQs, 2020

⁴ Finer and Zolna, 2016

⁵ Dieguez et al., 2015