



Ovia supports
parenting
children from
ages 0-17

support for every parenting journey

With Ovia Parenting

Ovia was designed to support you throughout your entire family health journey, from preconception through your child's high school graduation.

Through daily education, proactive health coaching, and concierge services, Ovia's programming is inclusive of parenting children of all ages, abilities, and family structures.

oviahealth™

Choose the path that's right for you

Ovia's Parenting solution is designed to help you pick and choose what you need at each point throughout life as a parent.

Health tracking

Ages 0-3

If you have little ones, Ovia is the ultimate solution for 'baby brain.' Keep track of everything you need to remember for Well Child visits in one place, including:

- ✓ Diaper changes
- ✓ Breast and bottle feeding
- ✓ Sleep (including naps)
- ✓ Doctor's appointments

Plus, receive custom reminders to keep up with your infant's vaccination schedule and other important tidbits during their early years!

[track health data](#)

Education

Ages 0-10

From pressing late-night questions to idle curiosities, Ovia has the answers right at your fingertips.

Our educational programming is grouped by health topics such as preventative care, sleep, nutrition, behavior, and more.

On the timeline, browse content tailored directly for you based on family health history, areas of interest, and pediatric health visits.

[read more](#)

Peripartum & early childhood coaching

Ages 0-6

While our coaches can answer any questions that come up along the way, we offer curated sessions for common concerns, such as:

- ✓ Lactation support
- ✓ Child allergies
- ✓ Behavioral concerns & resources
- ✓ Child sleep coaching (up to age 6)

Message a coach at any time to discuss these topics (and more) with one of our expert specialists.

[contact a coach](#)

Lifestyle concierge services

Ages 0-17

As a parent, you're tasked with making a lot of very personal and important decisions about your child's health and care.

Our concierge services help parents of younger and older children alike navigate their parenting journeys, including family wellbeing, working parent support, and schooling during the pandemic.

[schedule session](#)



The special moments

Ages 0-5+

There are so many special memories that you want to share with loved ones with little diary entries and photos. Plus, by sharing Ovia, family can help you track health data for small children and check out interesting articles you've read!

Choose from different access levels to share your Ovia experience with family, caregivers, and friends.

[snap a pic](#)

Community

Ages 0-17

Reach other parents with kids like yours in our Community forum. Whether you want to ask a question of your peers or just get moral support, the Community is here for you. You can reach out directly to other first-time parents, stay-at-home parents, parents of multiples, or even vegetarian families!

[reach out](#)



Not yet an Ovia Parent? Download the app to get started and be sure to select "I have Ovia Health as a benefit" when signing up to unlock these features & more.