

# support for planning your parental leave & return to work



**Your Ovia Health maternity & family benefits are here to support you every step of the way.**

- ✓ Tips on planning your leave and returning to work
- ✓ Information on benefits you can use during and after leave
- ✓ How to find childcare that works for you
- ✓ Advice and videos featuring working moms
- ✓ In-app messaging with a Registered Nurse health coach

## **Get started with Ovia Health!**

1. Download the app that's right for you:
  - [Ovia Pregnancy | Planning for Leave](#)
  - [Ovia Parenting | Returning to Work](#)
2. Select "I have Ovia Health as a benefit" during signup
3. Enter your employer
4. Explore Ovia Health!

## **Already have an Ovia app?**

1. Open your app and tap "Health" on the bottom navigation bar to take the Ovia Health Assessment
2. Tap "Update my healthcare information" and enter your employer