



Support for Some of Life's Biggest Transitions

Personalized insights on health and fertility at your fingertips

Whether you're trying to get pregnant or looking for tips to manage menopause, Ovia* can help! Included with your CareFirst WellBeingSM program, Ovia offers support for your reproductive health, including pre-conception, looking to conceive, conception and perimenopause/menopause. It's easy to get started! Just choose your goal: cycle tracking, trying to conceive, or managing menopause and the Ovia app will customize your experience to deliver personalized insights, tips and content.



Pregnancy

- Maternity and mental health
- Pregnancy loss
- Adoption and surrogacy resources



Parenting

- Postpartum and infant feeding support
- Interconception health
- Child and parental well-being



Women's Health and Prevention

- Fertility and family building
- Menopause support
- Behavioral health

* Services and resources offered through Ovia Health, a leading women's health company.

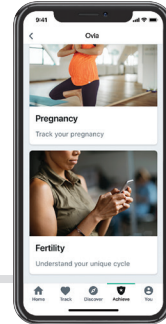
2025 Enhanced Infertility Treatment Benefits Plan Changes

1. For single individuals, waiving requirement for a diagnosis of infertility and requirement for physician recommendation.
2. Expanding coverage for members to be able to access IVF benefits without first pursuing IUI.
3. Expanding coverage to allow cryopreservation, storage and thawing of sperm, oocytes and embryos (when medically necessary during treatment).
4. Expanding coverage to allow use of donor oocytes/sperm/embryos.
5. Expanding coverage to cover PGT-A testing for those >35 years of age or who have had recurrent pregnancy losses.

2025 RX Plan (FYI): Caremark RX infertility MAB already increased to 100K effective 07/01/2024.

Ready to make progress toward your health goals? Follow these steps to get started today!

1. Log in to your CareFirst WellBeing account or create one at carefirst.com/wellbeing
2. Under *Achieve*, choose *Programs* to view your women's health programs
3. Select *Ovia* and follow the prompts to get started
4. Download the **Ovia app** and explore



CareFirst BlueCross BlueShield (CareFirst) has partnered with Sharecare, Inc. to provide you with well-being improvement resources. Both CareFirst and Sharecare are committed to protecting the confidentiality of your information. We do not share individual data with your employer and will never sell your data. However, due to the public nature of Ovia's online community, the information you share on the forums can be seen by others.

Sharecare, Inc., is an independent company that provides health improvement management services to CareFirst members. Sharecare, Inc. does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the health improvement management services it provides.

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