



support for surrogacy & adoption

Ovia provides robust support for all methods of family building and is included in your health plan benefits, offered through Blue Cross and Blue Shield of Texas (BCBSTX).

If you're interested in pursuing surrogacy or adoption as a path to parenthood, Ovia is available to help you unpack your options.

We provide helpful guidance at every step of the way as well as access to health coaches, who are available 7 days a week to answer your questions like:

- ? What path is right for me?
.....
- ? What is the difference between types of surrogacy?
.....
- ? How do I take part in my surrogate's pregnancy?
.....
- ? How do I introduce my child to their adopted sibling?



Surrogacy support

Each surrogacy journey is as unique as its family, which is why Ovia® Fertility's surrogacy program covers a wide array of topics to provide you with the information you need most.

If you have already conceived with a surrogate, Ovia® Pregnancy features education directly addressing the needs of your growing family, helping you follow along with your baby's development and bringing you closer to the process.

We cover topics such as:

- Having an active role in a pregnancy through surrogacy
- Traditional vs gestational surrogacy
- Building a relationship with a surrogate or gestational carrier

Additionally, Ovia's health coaches are able to provide personalized, empathetic support and guidance for wherever you are in your journey.

Adoption support

Ovia Health's adoption program spans your family health journey, from considering adoption, through the process itself, and into raising your family. This includes conversation guides, first-person perspectives, and educational guides around the concrete steps a family can take to ensure the most successful adoption process possible.

We cover topics such as:

- Conversations to have with your partner before adopting
- Talking to siblings-to-be about adoption
- Preparing to adopt a child from another race or culture
- Preparing for your child's questions about their adoption
- Bonding with your new child
- Building new family traditions

Download Ovia apps on your smartphone, indicate that you have Ovia Health as a benefit, and enter your health plan and employer info (optional) for full access to your family planning benefits!

