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!



S ovia pregnancy

Ovia parenting



Gathering information your child might want someday

For most of your family's journey through the surrogacy process has been just that – yours. Since Iseu's birth, though, it means something different and special to her, too. It is her origin story, after all.

Experts suggest that letting children know, in age-appropriate terms (maybe save the most detailed anatomical diagrams at

Surrogacy resources

Ovia Health's surrogacy program helps you learn more about surrogacy and better understand your options.

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this program

Enroll to receive information and prompts for

Pros and cons of working with a surrogacy agency

Conversations to have with you

Conversations to have with a potential surrogate or gestational

Building a relationship with a

Bonding with your new ba..

urrogate or gestational carrie

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partner before beginning surrogacy

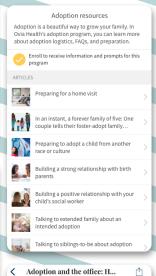
The difference between gestational and traditional surrogacy



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Whether it comes from always having wanted a bigger family or just seeing Iseul interact with other children and thinking that it might be nice if she had a sibling, plenty of parents start to think about whether they want to start to try for another child once their baby starts to make her way into toddlerhood, and parents who have had babies carried by

Using the same surrogate..



Bonding with your new baby: the first few weeks

Congratulations, you have a baby! For parents whose babies are born through surrogacy, the road to parenthood can be a long one. If you've become a parent through surrogacy, you've been building the beginning of a bond with your little one on your side of the parent-child equation throughout the pregnancy, as you've picked out names, set up the nursery, and shared your excitement about your babwuith forded and family.



Adoption and the office: How to talk about – and celebrate – it

This article originally appeared on InHerSight, a platform that uses data to help women find female-friendly companies where they can achieve their goals. Click here to <u>anonymously rate</u> your <u>company</u> and join the conversation.

A new addition to the family is a joyous occasion. It's a cause for celebration and a time to take a few weeks off from work to bond with your new baby.



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