



63%
of LGBTQ+ millennials are considering expanding their families¹

how Ovia supports LGBTQ+ families

Because we ♥ love

LGBTQ+ expecting parents face a multitude of decisions when it comes to starting their families. Yet, navigating paths to parenthood is challenging and support is fragmented.

¹Family Equality (2019) LGBTQ Family Building Survey. <https://www.familyequality.org/fbs>. August 2020.

Navigating paths to parenthood

Ovia Health provides personalized LGBTQ+ support throughout the entire family building journey, including specialized resources for different paths:



Adoption



Surrogacy



Intravaginal (IVI) or
Intrauterine Insemination
(IUI) *

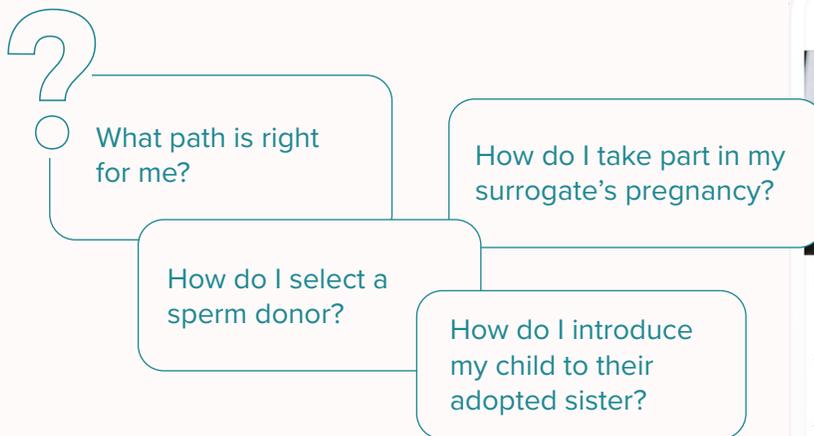


Artificial
Reproductive
Technology (ART)**

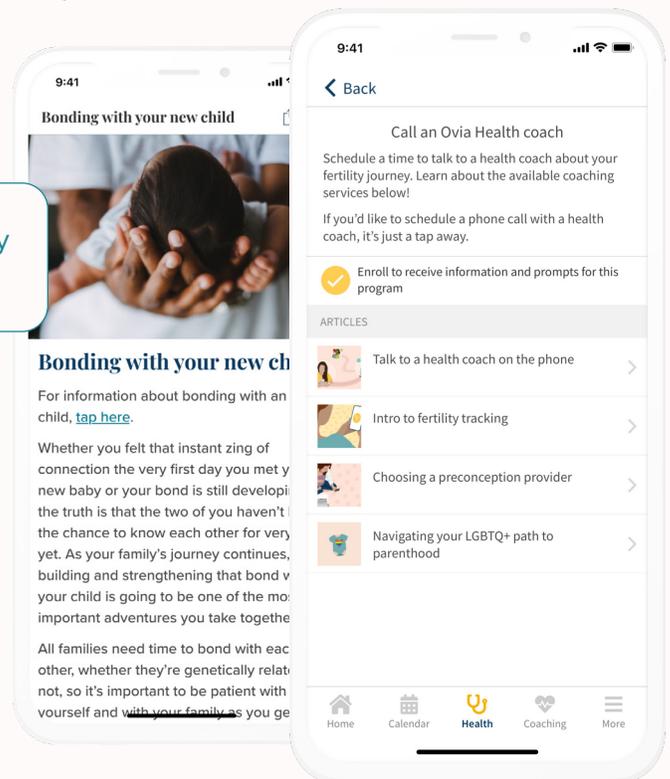
* Intravaginal (IVI) is often done at home using donor sperm and involves injecting sperm into the vagina. Intrauterine Insemination (IUI) is performed by a provider and involves depositing sperm directly into the uterus.

**Any procedure that involves removing eggs from the ovaries to combine them with sperm in a laboratory, including for in vitro fertilization (IVF). Artificial Reproductive Technology (ART) is often a component of surrogacy.

Ovia helps you **unpack your options with helpful guidance at every step as well as access to health coaches**, who are available 7 days a week to answer your questions like:



Guidance and content are delivered dynamically based on answers to the Health Assessment and any particular paths to parenthood in which a member indicates interest. Coaches are certified nurses and other health professionals who specialize in family building; they are available 7 days a week to help members explore challenging questions.



 **Ready to learn more?**
Contact a health coach through Ovia.

Celebrating each milestone

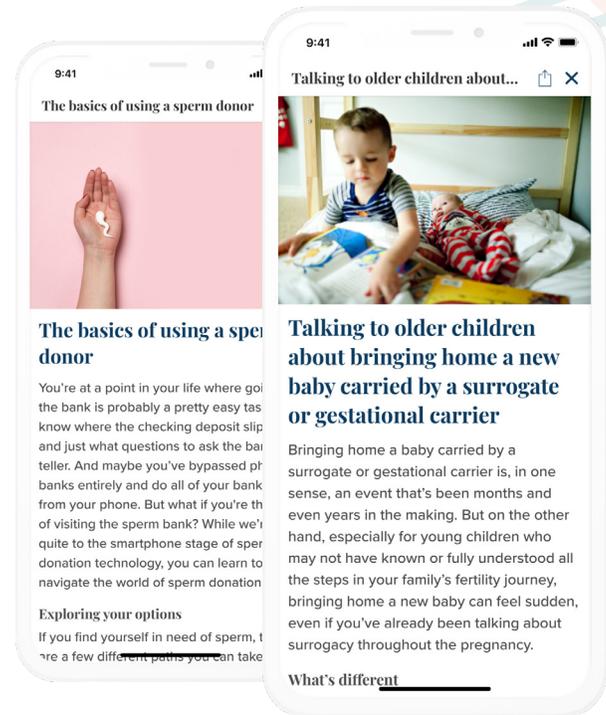
In addition to the other valuable parenting programs Ovia Health offers for parents and young children, our dedicated modules are designed to support new LGBTQ+ parents during their child's early years:

Adoption resources

- Bonding with your new child
- Introducing adopted siblings
- Building family traditions
- Foster-adopt journeys

Surrogacy support

- Bonding after surrogacy
- Explaining to older children
- Talking about how your family was formed



Supporting the whole family, from birth through adolescence

Parents receive daily and inclusive support for their unique journeys in building a family. This includes American Academy of Pediatrics (AAP) guideline-driven children's health education and parenting supporting:

- ✓ Lactation & bottle-feeding **coaching specialty**
- ✓ Baby sleep **coaching specialty**
- ✓ Preventative care & vaccine adherence
- ✓ Nutrition and allergy education
- ✓ Autism awareness & support
- ✓ Parental wellbeing & mental health
- ✓ Parenting alone
- ✓ Co-parenting
- ✓ Postpartum recovery
- ✓ Return-to-work and working parents

Ovia Health's parenting program offers shared account technologies and family programs for all caregivers to stay involved.



Interested in learning more? Contact a health coach to learn more about Ovia family building services for every path to parenthood through any of our solutions.

