

# At HAP, your health is our priority!

That's why we offer a wide range of women's health programs to help you lead your best life – from weight loss and nutritional programs to smoking cessation. And with our new Maternity Services Program, we've got you covered.



HAP has teamed up with ProgenyHealth® to give you comprehensive maternity support – at no cost to you. With ProgenyHealth, you can:



## Call a ProgenyHealth Case Manager who will help you with:

- Maternity education, support, and encouragement
- **Setting up** doctor visits, keeping your appointments and making care plans
- **Helping** you find free or low-cost resources not covered by your plan



## Use the Mobile App powered by Ovia Health™, so you can:

- Create your own experience
- Track your pregnancy with updates
- **Connect** with pregnant women and moms
- **Contact** your ProgenyHealth Case Manager



# Download the Pregnancy Mobile App Today!

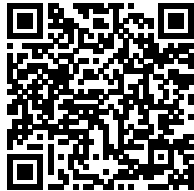
Follow these easy steps to get started:

**1** Tap the App Store logo for your mobile device and search for *Ovia Health™*



OR

Scan the Apple Store or Google Play QR code to go directly to the *Ovia Pregnancy Tracker* app



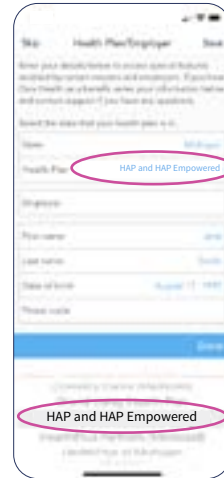
**2** Download the *Ovia Pregnancy Tracker* app



**3** Open to create your profile. Accept Ovia Health terms



**4** Choose HAP and HAP Empowered as your Health Plan



**5** Complete the Pregnancy Health Assessment



Call us today to talk to a ProgenyHealth Case Manager  
**TOLL FREE: 1-855-231-4730** 8:30 AM - 5:00 PM  
[www.hap.org/maternity](http://www.hap.org/maternity)

