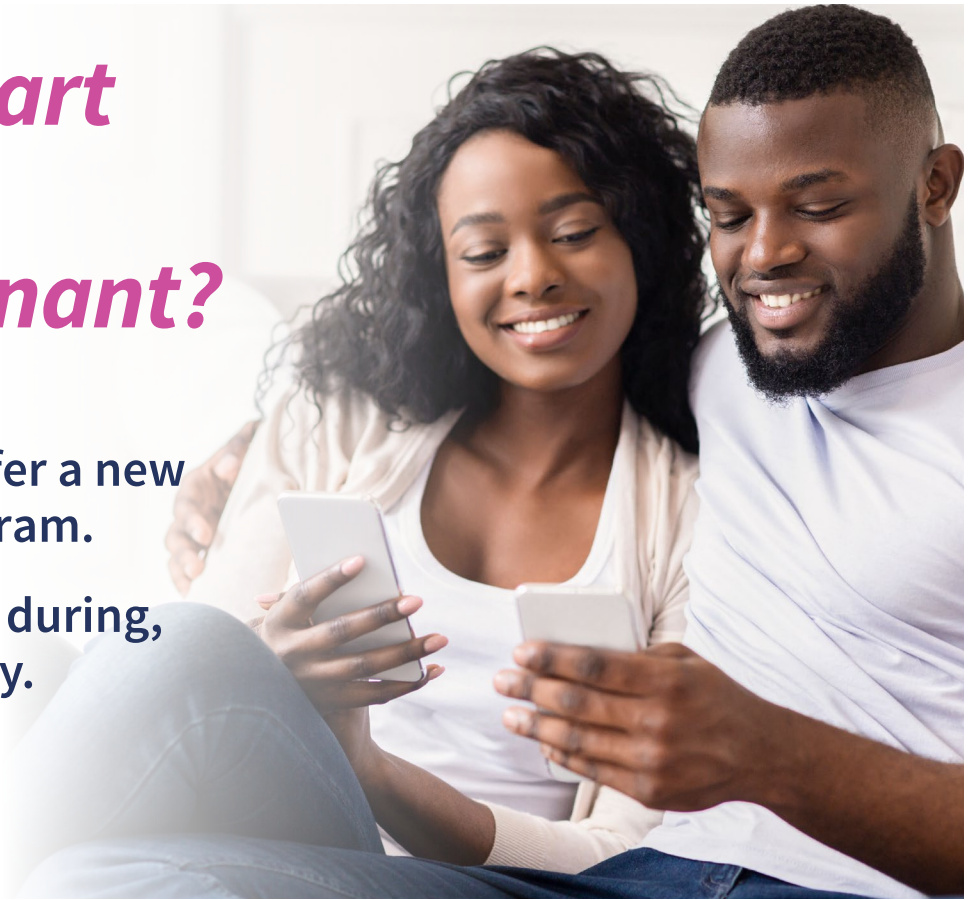


# Looking to start a family? Already pregnant?

HAP® Empowered and ProgenyHealth® now offer a new Maternity Services program.

You will get help before, during, and after your pregnancy.

There is no cost to you.



## Call a ProgenyHealth® Case Manager

They can help you with:

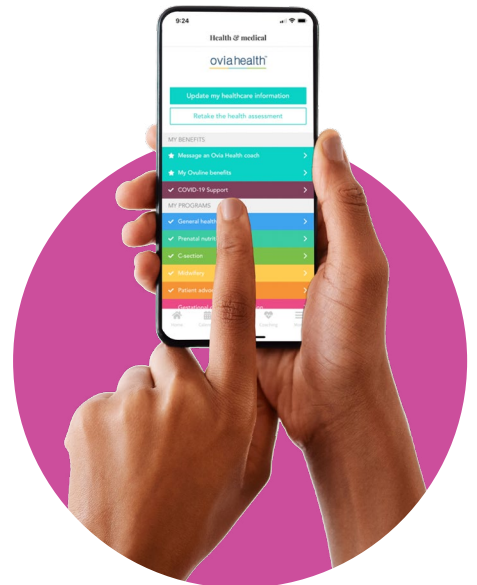
- Education and support
- Setting up doctor visits
- Keeping your appointments
- Making care plans
- Helping you find items at no cost



## Download Ovia Health™

so you can:

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



**Get rewarded** when you get your checkups and screenings with *Empower Your Health Rewards Program*.



# Download our Pregnancy Mobile App Today!

Follow these easy steps to get started:

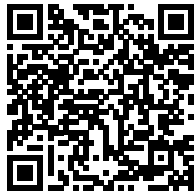


**1** Tap the App Store logo for your mobile device and search for *Ovia Health™*

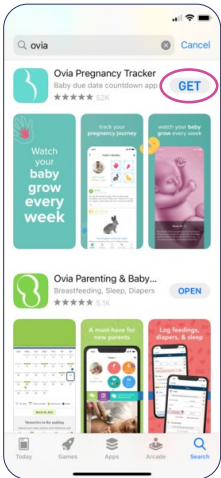


OR

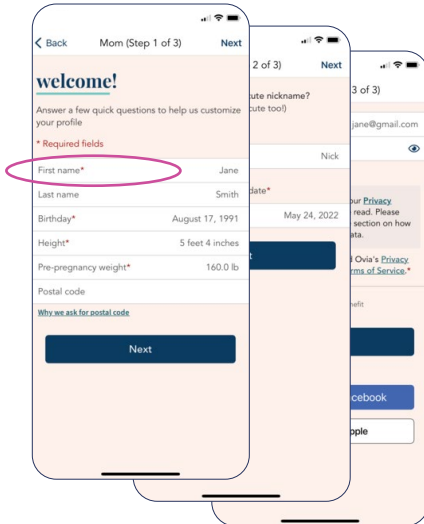
Scan the Apple Store or Google Play QR code to go directly to the *Ovia Pregnancy Tracker* app



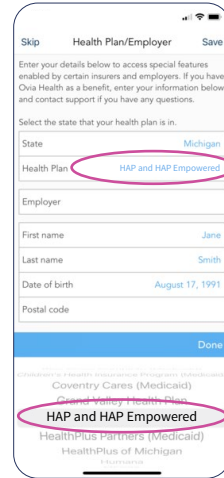
**2** Download the *Ovia Pregnancy Tracker* app



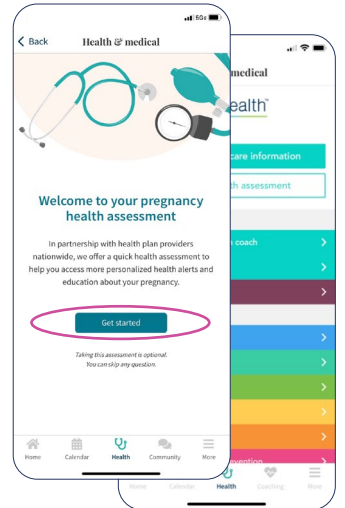
**3** Open to create your profile. Accept Ovia Health terms



**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/pregnancy](http://www.hap.org/pregnancy)



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