



## Menopause Support

Harvard Pilgrim has partnered with Ovia Health to offer perimenopause, menopause and postmenopause support.

Perimenopause can start as early as mid-30s and last as long as 8 to 10 years before menopause. Menopause can happen between the ages of 40 to 50. Ovia's digital solution can help support and guide a woman through these changes.

### Expert Advice and Resources

- Distinct perimenopausal and postmenopausal symptom tracking
- Identification of trends to help members understand how their cycle, moods or symptoms may be changing
- A personalized member experience, based on health and life stage
- Actionable insights and alerts each day
- Unlimited support from Ovia's Care Team through in app messaging

### Access To Certified Menopause Practitioners

Ovia Health's Care Team has certified menopause practitioners, who have specific training and expertise in perimenopause and menopause symptoms and health coaching.

- Harvard Pilgrim commercial members are eligible for Ovia and can download the Ovia app or visit [harvardpilgrim.org/public/ovia-health](https://www.harvardpilgrim.org/public/ovia-health) for more information.