



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.