



Women's and Family Health Incentive Program Overview

Wherever you are in your journey, Blue Cross and Blue Shield of Texas (BCBSTX) is here to support you at no extra cost. All employees, spouses and domestic partners covered under the HF Sinclair plan, administered by BCBSTX, are eligible for incentive rewards. To earn incentives, follow the steps below:

- Download the **Ovia Pregnancy App**. Complete the registration process to earn a **\$15 reward***.
- Download the **Ovia Parenting App**. Complete the Mental Health Screener¹ after delivery to earn a **\$500 reward***.

Note: Members are not required to take the health assessment.

Well onTarget® has self-guided courses about pregnancy that you can take online, covering topics such as healthy foods, body changes and labor.

Plus, if your pregnancy is high-risk, BCBSTX will provide support from maternity specialists to help you care for yourself and your baby. Having a baby changes everything, so use these tools to help you get ready.



Download both Ovia Pregnancy and Parenting apps from the Apple App Store or Google Play. During sign-up, choose **"I have Ovia Health as a benefit"**, select **BCBSTX** as your health plan, and **HF Sinclair** as your employer. Please call **800-349-1874**, if you have questions or want to learn more about the Women's & Family Health Incentive Program.

Ovia Health is an independent company that provides maternity and family benefits solutions for Blue Cross and Blue Shield of Texas.

To access the Spanish version of the Ovia, Ovia Pregnancy and Ovia Parenting apps, you must select "Español" as the language preference in your mobile phone or device settings.

¹Recommended to take Mental Health Screener 6-8 weeks after delivery.

*Rewards will be administered within 2-4 weeks after activity is completed