

Wellness APPS



ABLE TO

Access self-care techniques, coping tools, meditations, sleep tracking, and more - anytime, anywhere.



OMADA FOR JOINT AND MUSCLE HEALTH

A virtual joint and muscle health program that offers more than physical therapy.



AMWELL

Connect with healthcare provider through online care or an e-visit to get a diagnosis, treatment plan, and prescription, if needed, for many common conditions.



OVIA - CYCLE & PREGNANCY TRACKER

Easily manage your period, fertility, pregnancy, postpartum recovery, perimenopause, menopause, and overall wellness—all in one place.



MEDICA MEMBER

It's your one-stop resource to manage your health plan benefits from any device, at any time.



OVIA - PARENTING & BABY TRACKER

Track your baby's feedings, diapers, sleep, and milestones—from first smiles to steps—all in one easy-to-use app that supports you every step of the way.



OMADA

Personalized program designed to help you reach your health goals, whether that's losing weight, managing diabetes, or improving your overall health.



PERKSPOT

One-stop-shop for thousands of exclusive discounts at national and local merchants.



MY HEALTH REWARDS (PERSONIFY HEALTH)

Seamlessly sync your steps, sleep, and daily activity while staying connected with call and text alerts—plus earn points and get rewards as you receive personalized insights and notifications to support your health journey