

## Hello Heart, hello health

Introducing a new partner to support your heart health! Starting in April, NOV will be offering eligible participants **free** access to Hello Heart, a heart health management app designed to help lower high blood pressure. Track the impact of your daily choices with a free blood pressure monitor that pairs with your smartphone. You'll get insights and personalized tips from a digital health coach, and more! Stay tuned for details as we approach the big day.

### A winning pair: Hello Heart + Virta

Good news! You can combine Hello Heart with Virta, NOV's diabetes & weight management program. Together, these tools can support a healthier heart, improve weight management, and benefit long-term health.

### What's included?

Smart blood pressure monitor	Hello Heart app	Real-time feedback
This device will help you easily track your blood pressure from the comfort of home.	A user-friendly app that syncs with your monitor, offering personalized tips, insights, and reminders to help you stay on track with your heart health goals.	Get instant feedback on your readings to help you make healthier choices every day.

## The new Ovia app: Support for every stage of a woman's life



Starting in April, Ovia Health is updating its app to provide more comprehensive care for women at every stage of life. The enhanced Ovia app now combines features to support cycle tracking for planning and wellness, pregnancy and postpartum care for new and expecting parents, fertility support and family-building resources, and perimenopause and menopause management for wellness in midlife transition.

If you're already using the Ovia Pregnancy app, you'll need to switch to the new Ovia app to continue tracking and accessing features. For parents, the Ovia Parenting app will remain available for tracking infant and child milestones, health insights, and resources for children through age 18.

### What comes with the new Ovia app?

- 1:1 support from health coaches, registered nurses, and nutritionists.
- Clinically backed content, tailored to your unique journey.
- Tools for holistic women's health, no matter your stage of life.
- Guidance, tools, and resources to support parents and families.

### Learn more



Ovia Health

## Celebrate International Women's Day

March 8, 2025 is a day to honor the strength, resilience, and achievements of women. At NOV, we're proud to provide resources like Ovia Health and Bloom to support women's health and quality of life.

February 2025



## Need benefits help?

Connect with Quantum Health through live chat, scheduled calls, secure messages, or by phone.

**1-866-920-1950**  
**quantum.nov.com**



Quantum  
Health app





## Important HSA update: Action needed

If you currently invest your HSA dollars through Devenir via HSA Bank, changes are coming! Starting in March 2025, the Devenir investment option will no longer be available. Here's what you need to know:

- **Take action:** HSA Bank will initiate your transition to HSA Invest, but you will need to complete the process in order for your investments to transfer.
- **Automatic transition:** HSA Bank will initiate a transfer-in-kind from Devenir to HSA Invest. This will not impact Schwab investments.

If you are not enrolled in the HSA Invest program after the transfer, your investments will be liquidated, and the funds will be available in your HSA cash balance.

**Don't wait—act now to keep your investment strategy on track!**



## Level up your finances with FREE webinars

Elevate your financial know-how in 2025 with Principal's free 30-minute webinars, held every third Wednesday of the month. These sessions give you practical tips and advice to fit your current financial situation and help you achieve your goals. Plus, you'll have the chance to ask questions and get answers directly from a financial expert, during the live Q&A chat.

### Why attend?

- Gain tips to boost your retirement savings.
- Learn how to manage debt and plan for big milestones.
- Access live Q&A with financial experts.

### Upcoming topics

<b>March 19</b>	<b>Maximize your 401(k):</b> Essential tips for saving
<b>April 16</b>	<b>Fresh start finances:</b> Your roadmap to debt and saving
<b>May 21</b>	<b>Staying the course:</b> Navigating market ups and downs

**Bonus:** Replays are available if you can't attend live!

### Year-round learning

Explore the full 12-month schedule and register for webinars at:

#### Principal Webinars



## Take a fresh look at your beneficiaries

It's important to review your beneficiary designations periodically to ensure they reflect your current wishes. You may change your beneficiary at any time to ensure your assets go where you want them to.



Life and AD&D	Health Savings Account	401(k) Retirement Plan	NOV Equity Program
US Benefits <a href="http://usbenefits.nov.com">usbenefits.nov.com</a> 1-877-668-2363	HSA Bank <a href="http://hsabank.com">hsabank.com</a> 1-855-731-5220	Principal <a href="http://principal.com">principal.com</a> 1-800-547-7754	E*Trade <a href="http://etrade.com">etrade.com</a> 1-800-838-0908

## FSA reminder

Don't leave money on the table! Submit your 2024 health FSA receipts by March 31, 2025, to be reimbursed. Remember, you can't use your debit card for these claims, so be sure to submit them manually. To save time, upload your receipts directly through the FSA portal at [benefitslogin.wexhealth.com/Login](http://benefitslogin.wexhealth.com/Login)



## Quantum Health: Your first stop for well-being

When you need support, start with Quantum Health. Their Care Coordinators simplify healthcare by guiding you to in-network providers, assisting with confusing medical bills, and connecting you with the right health and wellness resources for you and your family.

### Unlock your well-being toolbox

Quantum Health can help you access the many resources available through NOV, including:

<p><b>Hello Heart</b> <i>(coming soon!)</i> Blood pressure management</p>	<p><b>Ovia Health</b> Women's and family health</p>	<p><b>Virta</b> Weight management and diabetes reversal</p>
<p><b>Bloom</b> Pelvic floor therapy</p>	<p><b>CarePlus Mobile Health</b> Choose Well-being communication hub</p>	<p><b>MDLIVE</b> 24/7 telehealth</p>
<p><b>Airroستي</b> Musculoskeletal therapy</p>	<p><b>Sword   Thrive</b> Digital physical therapy</p>	<p><b>SupportLinc EAP</b> Mental health support</p>

### Get connected

Call **1-866-920-1950** or scan the QR code to connect with a Care Coordinator.



## Don't miss free rewards

Take advantage of the free money available through NOV's wellness program. By completing activities like the CarePlus Mobile Health Assessment, a biometric screening, or participating in the Points Program, you and your medically-enrolled spouse can each earn up to \$350 in wellness rewards. It's a simple way to focus on your health while putting extra cash in your pocket!

Need help staying on track? Use the **CarePlus Mobile Health app** to monitor your progress, track rewards, and keep your wellness goals front and center. Prioritize your well-being and let NOV reward you for it!

## Join the Amazon expedition challenge!

Ready to join your coworkers on a virtual venture through miles of tropical forest—encountering indigenous tribes, exotic animals, and awe-inspiring waterfalls—before making it to Marijo Island? You're invited to NOV's physical activity, the Amazon Expedition Challenge. Registration opens March 17, and the adventure begins Monday, March 31. Teams of 3-10 members are eligible for fabulous giveaways. Registration and details will be available in your CarePlus Mobile app.



Find it on the Apple or Google app stores or at [careplusmobilehealth.com](https://careplusmobilehealth.com).



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## What's hot (and cold!) in well-being?

**Rest & recharge:** Smarter rest is in. Sleep tracking, infrared therapy, and scheduled relaxation time are replacing the nonstop hustle mindset.

**Efficient workouts:** Less is more. Short, effective routines like micro-HIIT and mobility training are in, while long, hyper-intense workouts are fading.

**Targeted nutrition:** Gut-friendly foods and personalized nutrition are replacing restrictive fad diets and one-size-fits-all meal plans.

**The mental reset:** Digital detoxes, mindfulness breaks, and structured downtime are in, replacing doom scrolling, screen fatigue, and burnout.

**Deep freeze:** Ice baths and cryotherapy are in, promoting recovery, circulation, and mental resilience over the outdated “push through the pain” mentality.



Habla Español?  
Para leer este boletín en español en.



Join the “U.S. Benefits Program” group on Viva Engage (Yammer) for benefits updates and information.