

Manage your mind. Strengthen your body.



ND



Cale H.
Horace, ND

Healthy habits = Healthy headspace

For Cale, things started to feel off and he didn't know why. What began as physical symptoms – poor sleep, rising stress and a body that felt out of sync – turned out to be signs of a deeper struggle, which pushed him to reach out for support. With the right resources, he started finding steadiness again and taking steps that made daily life feel more manageable. [Flip this flyer](#) to see more of Cale's journey and how similar tools can support your own health.

Health in sync

Supporting mind and body together



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“Getting help changed my days.”

When Cale knew he couldn't push through alone, he reached out – the support he found helped him take steady steps forward.



Symptoms

- Trouble sleeping and high blood pressure
- Constant stress and low energy
- Difficulty focusing and more

Motivation

Cale wanted to feel more like himself, showing up fully for the people counting on him, but he kept running into challenges.

1



Finding the right support

Cale met with a Vitellacare provider who:

- Helped him understand what he was experiencing
- Guided him to the mental health support he needed

2

What made the difference

Through his benefits, he connected with:

- **Learn to Live** for self-paced mental health support
- The **Employee Assistance Program (EAP)** for confidential help
- **Coordinated support**, including a referral to a depression and anxiety specialist

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Positive changes ahead

With the right support, Cale felt more present and better able to manage his well-being.

If stress or anxiety is affecting you, help is available.

Additional programs are also available for members, including:

- Personalized coaching for sleep and stress through **Omada**
- Virtual resilience support from **meQ**



Scan the QR code or visit nd.blue/aboutme to see what care and tools are right for you.