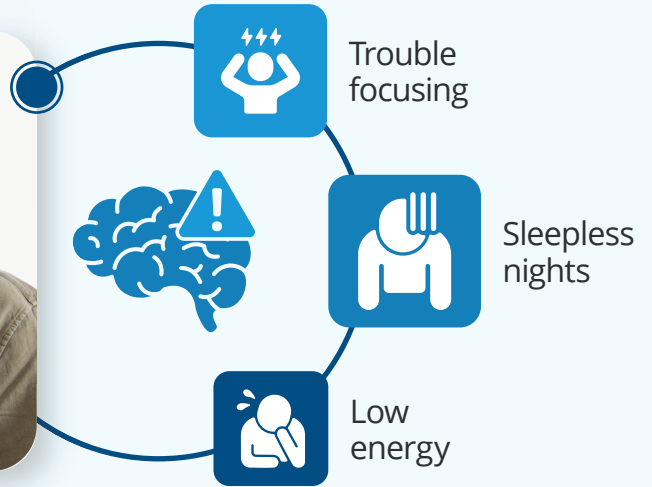


# Manage your mind. Strengthen your body.



Cale H.  
Horace, ND



## Meet Cale: When mind and body fall out of sync

Cale noticed something was not right. As symptoms built, daily life became harder to manage, and he knew he could not ignore it anymore. Reaching out for support helped Cale find steadiness again and take steps that made each day feel more manageable.

1

### Start with the right support

Find a provider that will listen and help you understand what is really going on.

3

### Experience positive change

With the right support, you can take steady steps forward and begin to feel present again.



Scan the QR code or visit [nd.blue/aboutme](https://nd.blue/aboutme) to see what care and tools are right for you.

2

### Build habits that support mind and body

Small steps that make each day feel more manageable. Through your benefits you have access to:

- Mental health support through **Learn to Live**
- The **Employee Assistance Program (EAP)** for confidential help
- Coaching for sleep and stress with **Omada**
- Virtual resilience support from **meQ**



Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross Blue Shield Association. Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support on behalf of BCBSND. Omada Health is an independent company that provides health coaching services on behalf of BCBSND. meQuilibrium is an independent company assisting in the administration of BCBSND's health and wellness program.

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