

Empower your heart. One beat at a time.



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Healthy habits = Healthy headspace

Blood pressure, cholesterol, diet, exercise and everyday stress all play a role in your heart health. Simple check-ins and screenings, along with helpful tools and support, can make it easier to care for your health and feel more confident about what comes next. [Flip this flyer](#) to see a journey toward health empowerment and control through opportunities from Blue Cross Blue Shield of North Dakota (BCBSND).

Heart health starts here

Mark's plan to lower his risk of heart disease



Meet Mark

He is in his mid-50s, recently quit smoking and has high blood pressure.

He's motivated to stay active, eat well and keep up with preventive care so he can reduce his risk of heart disease and feel his best for years to come.

1 Know the numbers

Mark monitors and tracks his numbers, working with his care team to set healthy goals.

- ☒ **Blood pressure:** Track and share readings with your care team.
- ☒ **Blood sugar (A1C):** Monitor, especially if you have prediabetes or diabetes.
- ☒ **Cholesterol:** Ask about LDL, HDL and triglycerides.
- ☒ **Weight and waist size:** Talk with your provider about healthy goals.

2 Mark's everyday moves

- Build healthier habits daily – Track eating, drinking and moving – all in **BCBSND.me**.
- Build heart-healthy habits with **Omada** for prevention – Personalized coaching, a connected smart scale and support for diet, exercise, sleep and stress.
- Skip tobacco, limit alcohol – Receive virtual support for building resilience through **meQ**.



3 Make your next move

- Schedule your annual wellness visit and blood pressure check through **BCBSND.me**.
- Find extra programs and support for managing blood pressure, sleep, stress and mental health – all important for heart health.



Scan the QR code or visit **BCBSND.me** to see what preventive care is right for you and find a provider. Log in to access support that fits your pace, both for your body and mind.

