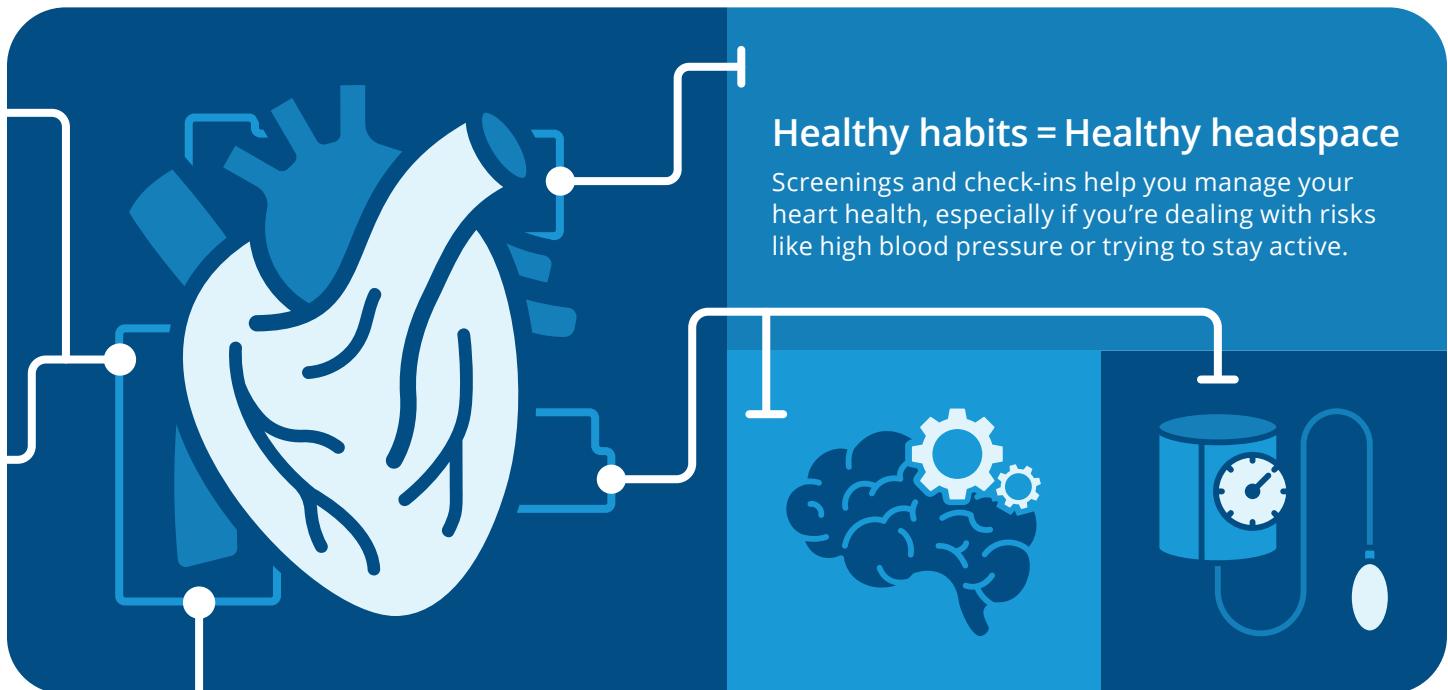


# Empower your heart. One beat at a time.



## Healthy habits = Healthy headspace

Screenings and check-ins help you manage your heart health, especially if you're dealing with risks like high blood pressure or trying to stay active.

## Heart health starts here: A plan to lower risk of heart disease

### ① Know the numbers

Track your key health numbers and work with your care team to set goals.

Blood pressure    Cholesterol    Blood sugar (A1C)    Weight and waist size



### ② 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

Scan the QR code or visit [BCBSND.me](#) to schedule your annual wellness visit and blood pressure check and find extra programs and support for managing blood pressure, sleep, stress and mental health.



Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross Blue Shield Association. 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. BND-25-1197750C • 1-26

CARRY BLUE. CARRY ON.

