

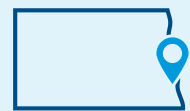
# When something minor turns to life changing.



## Healthy habits = Healthy headspace

Most men don't skip the doctor because they don't care. Other things just feel more important than checking in. Though his leg was aching, Jerry almost didn't mention it at his annual wellness visit. What he didn't realize was that the issue was much more serious. [Flip the flyer](#) to read about how his appointment helped keep him in the game.

*Jerry W.  
Fargo, ND*



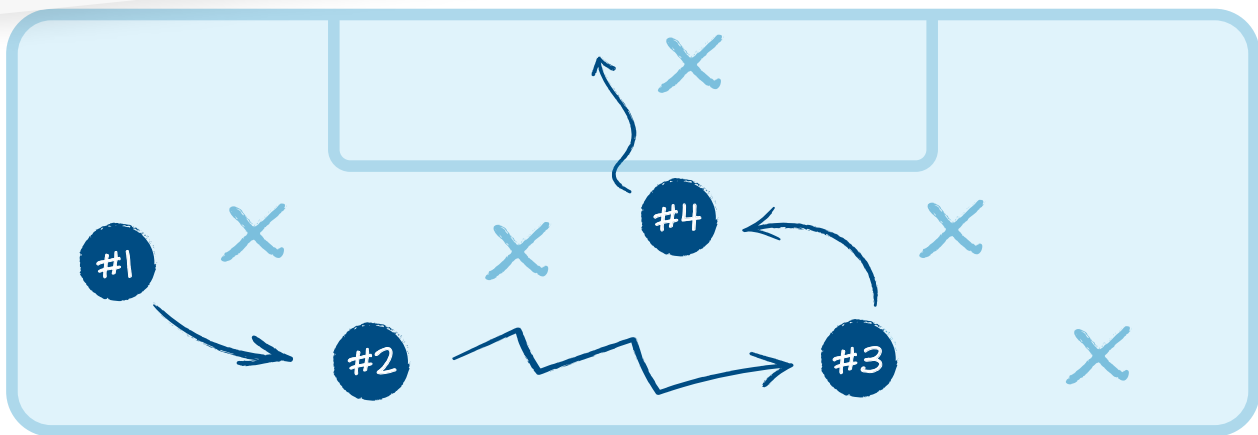


Jerry W.  
Fargo, ND

## He almost brushed it off

*"They pushed me to make sure I got the right care"*

As a soccer coach, Jerry is used to bumps and bruises, so he thought the pain in his leg was nothing serious. He mentioned it during his wellness exam, which led his doctor to recommend more testing. An emergency ultrasound later revealed blood clots in his leg.



1. A leg ache during soccer season seemed routine. Jerry mentioned it in passing at his annual wellness visit.
2. His provider listened carefully, asked follow-up questions and recommended an urgent ultrasound and more testing.
3. The tests found a blood clot in his leg. Further imaging showed clots in his lungs before they caused serious harm.
4. What felt minor became lifesaving. Because the clots were found early, Jerry got the care he needed and is now back on the field doing what he loves.

Preventive visits give you and your provider time to catch things early. Screenings you can discuss are:

- Blood pressure:** Recommended for all adults
- Blood sugar:** Ages 35 to 70 or if overweight
- Cholesterol:** Age 35 or earlier if you have risk factors
- Colorectal:** Start at age 45
- Prostate:** Based on age and family history
- Mental health:** Recommended for all adults

Log in to your online account at [BCBSND.com](https://www.bcbnsd.com) to explore benefits, find a provider and discover screenings and support that are right for you.

