

# Cervical health today. Peace of mind tomorrow.



ND



## Healthy habits = Healthy headspace

Screening is a small step you can take, but it can make a meaningful difference for both your physical and mental health. Staying informed helps support your body, while early awareness can ease worry and bring peace of mind as you plan what comes next. [Flip this flyer](#) to see a journey toward empowerment and control of health through opportunities from Blue Cross Blue Shield of North Dakota (BCBSND).

# Meet Maria

## Family history of cervical cancer



### About

Age: Early 40s

- Teacher, proactive about health
- Prioritizes staying ahead of health risks

### Motivation

Wants to feel in control and seeks resources to support physical and mental wellness.

### Obstacles

Maria feels overwhelmed with “what ifs”

- Unsure where to get screened
- Struggles to manage anxiety

### Opportunities

With BCBSND coverage, Maria has access to solutions that fit her needs and can:

- Schedule a cervical cancer screening with her primary care provider via **BCBSND.me**
- Learn tips for managing anxiety and building resilience through **Learn to Live**
- Track stress levels and try quick breathing exercises with **meQuilibrium**
- Connect with a nurse and ask questions via **BCBSND Care Management** after getting screening results

### Outcome

Maria feels empowered and in control of her state of health.



### Next steps

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 your mind.