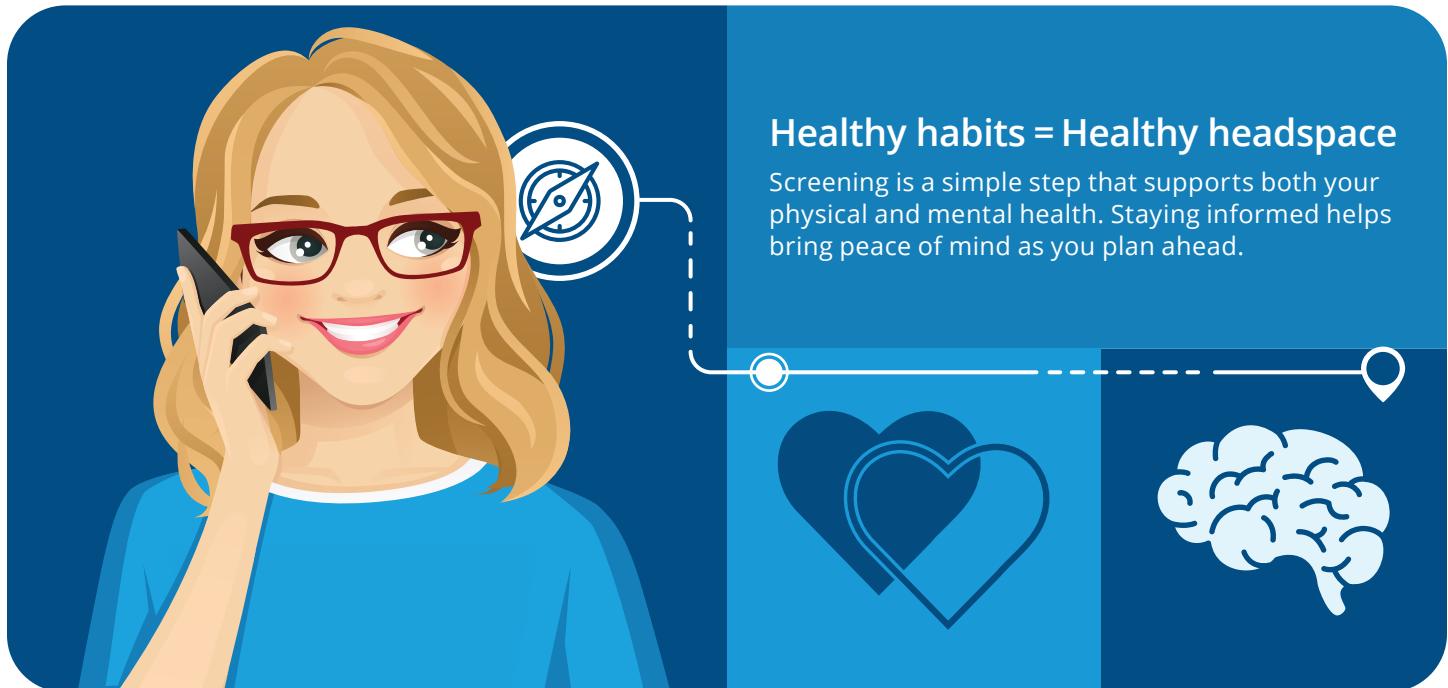


# Cervical health today. Peace of mind tomorrow.



## Healthy habits = Healthy headspace

Screening is a simple step that supports both your physical and mental health. Staying informed helps bring peace of mind as you plan ahead.

### Meet Maria: Family history of cervical cancer

#### About

Early 40s, teacher and proactive about health.

#### Opportunities

With Blue Cross Blue Shield of North Dakota (BCBSND) coverage, Maria has access to solutions that fit her needs. She can:

- Schedule a cervical cancer screening via [BCBSND.me](http://BCBSND.me)
- Learn anxiety and resilience tips via [Learn to Live](#)
- Track stress and use breathing exercises with [meQuilibrium](#)
- Connect with a nurse to ask questions via [BCBSND Care Management](#)



#### Next steps

Scan the QR code or visit [BCBSND.me](http://BCBSND.me) to see what preventive care is right for you and find a provider.

#### Motivation

Wants control; seeks mental and physical wellness resources.

#### Obstacles

Maria feels overwhelmed with "what ifs"

- Unsure where to get screened
- Struggles to manage anxiety

#### Outcome

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