

Your gut has a lot to say. Listen closely.



Healthy habits = Healthy headspace

Your gut responds to more than just what you eat. Stress, mental health, daily habits and preventive care all play a role in digestive health over time. Staying ahead with care and support helps keep both your body and your headspace feeling steady. [Flip this flyer](#) to see a journey toward health empowerment and control through opportunities from Blue Cross Blue Shield of North Dakota (BCBSND).

Gut check

Balancing stress and life changes



Meet Jamie

Jamie is in her mid-40s and balances a full-time job, caring for her aging parents and a busy household with two teenagers.

Finding time to cook well-balanced meals can be a challenge. She feels well most days, but notices dips in energy and digestion issues from time to time.



Motivation and obstacles

Jamie wants to stay healthy as she gets older and has started to notice how much everyday habits matter. However, she faces several obstacles:



Digestive changes don't feel very serious



Unsure of what screenings are recommended



Meal planning feels overwhelming



Recommendation and next steps

Jamie checks in with her primary care provider to understand what preventive care and digestive screenings may be right for her now and in the years ahead. She also:

- Uses **BCBSND.me** to find care and understand what's covered
- Works in well-balanced, high-fiber meals and stays hydrated to support digestion
- Builds supportive nutrition habits and weight-related health goals with **Omada**
- Learns how to help manage stress and anxiety with **Learn to Live**.



Getting started today

Jamie uses **BCBSND.me** to schedule a visit with her primary care provider and find the wellness tools that fit the pace of her body and mind.



Scan the QR code or visit nd.blue/aboutme to see what preventive care and tools are right for you.