

Our minds don't come with a check engine light

Just like your car needs regular maintenance, so does your mind. Prioritizing mental health helps you manage stress, improve relationships, and enhance your quality of life. Regular check-ins ensure you're functioning at your best.

Signs that it's time for a mental health tune-up



Increased irritability



Disrupted sleep routines



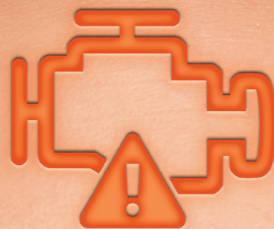
Changes in appetite and hygiene



Feeling overwhelmed



Constant busyness



Scan the QR code to see how BCBSND.me can help, or visit BCBSND.com/me.

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