



It's time to prioritize you

A postpartum wellness exam is an important step to make sure your recovery is on track—physically, mentally, and emotionally. And, it's all about you and your wellbeing.

Let's get you scheduled.

A Care Guide will be calling you soon to check in on how you're doing and to help you schedule your postpartum appointment—because we all need a little help sometimes, and we're here to support you with your health and wellness.

**If you'd like support sooner or miss our call,
reach out to us at:**

701-205-0398

Member Services Hours of Operation
8:00 am - 4:30 pm | Monday - Friday

Haven't registered for BCBSND.me yet?

[Get started](#)

Follow us:



Download the mobile app:



Please do not respond to this email. We cannot accept electronic replies to this email address.

Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross Blue Shield Association, serving residents and business in North Dakota. All rights reserved.

[Contact Us](#) | [Privacy](#) | [Non-Discrimination Notice](#) | [Email Preferences](#) | [Unsubscribe](#)

©Blue Cross Blue Shield of North Dakota. All rights reserved.
[BCBSND.com](#) | 4510 13th Ave S | Fargo, ND 58121

Subject line: Don't forget to take care of you

Preview text: It's time to schedule your wellness visit.