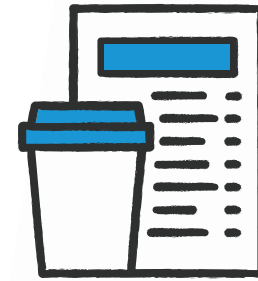


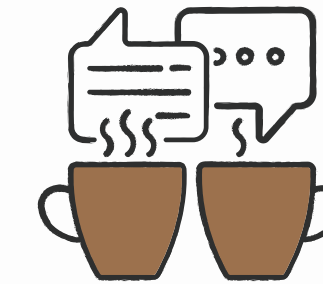
Don't let diabetes disrupt your routine



Know your health blend
Your health is shaped by a mix of age, weight, family history and lifestyle.



Make preventive care a routine
Regular checkups catch issues early when they're easiest to address.



Customize your well-being
Your care team can help you craft the best plan for your health.



Savor every sip with confidence
Staying current with preventive screenings means fewer surprises.



Screenings are often included with preventive care at no additional cost.
Go to BCBSND.me or scan the QR code to find care options, tools and support.
Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross Blue Shield Association.

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