

Don't let diabetes disrupt your routine

Just like your go-to coffee spot never misses a beat, your health shouldn't either. After age 35, your chances of developing diabetes increase – so make preventive care part of your regular order. By staying proactive, you can catch health issues early, safeguard your well-being and keep savoring all your favorite moments.



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.
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