

Navigate women's health with confidence

Life doesn't slow down and tracking your health can keep you steady. Taking time for checkups and listening to your body's signals helps you stay on course for yourself, for yourself, the people you care about and the life you're building.



Peace of mind

Focus on your health piece by piece so you can prioritize what matters.



Listen to your body

Pay attention to symptoms as soon as you notice them.



Preventive screenings

Make the choice to schedule your screenings to detect problems early.



You're worth it

Take charge and make your health a priority so you can feel your best.



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.
BND-25-1048671B • 9-25



ND

Map out your health: Screenings to keep you on track

Just like a compass helps you find your way, preventive screenings help guide your health in the right direction. They keep you on track, catch potential issues early and give you the confidence to carry on. Use these screening guidelines as your map to keep on track for good health, no matter where life takes you.

