

# 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.



## *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.



## *Peace of mind*

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



## *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](https://BCBSND.me) or scan the QR code to find care options, tools and support.  
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BND-25-1048671B • 9-25



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