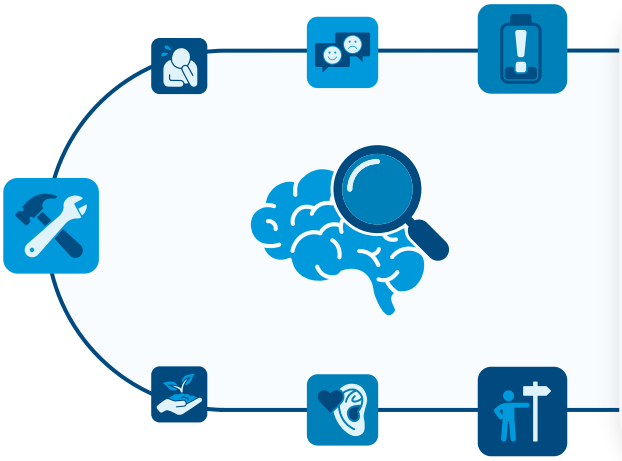
When mental stress gives physical cues.



Anna G.
Bismarck, ND

Meet Anna: Noticing the signs and sharing her story

Fatigue, headaches and constant stress were signs Anna could no longer ignore. What felt physical was tied to anxiety she had carried for years. With the right support, she began caring for her mental and physical health together.

Connected care

Choose care that looks at both your mind and your body as part of one health story. Solutions like **VitellaCare** help connect mental and physical health for a more complete care experience.

Support and tools

Build daily habits that support your mental well being, from managing stress to strengthening emotional health.

Spring Health
Virtual and in-person mental health care

learntolive
Self-guided mental health support

meQ
Tools to manage stress and build resilience

Take the first step in your journey for whole-body health. Scan the QR code or visit **nd.blue/aboutme** to find care and tools for your whole health.

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Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support on behalf of BCBSND.
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VitellaCare, managed by Crossover, is an independent provider offering medical and mental health care to eligible Blue Cross Blue Shield of North Dakota members.
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