

Turn up the volume on prostate health

Taking care of prostate health starts with speaking up. Talk with your doctor about the right screenings for you. Early action can help you stay on track toward a healthier future and give you confidence on the road ahead.



Know your risk

Age, race and family history affect your risk



Understand the signs

Watch for changes and talk to your doctor



Get screened

Ask your doctor what screening is right for you



Take control

Speaking up now can help protect your future



Prostate screenings are often included in 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-25-1019500B • 8-25



ND