



# Stronger together

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## **Resources for people touched by cancer**

Working with community organizations to bring free digital tools to everyone

**Anthem**<sup>®</sup>

## March 2015

To help improve the health and well-being of all people touched by cancer, Anthem worked with nonprofit groups, universities, professional societies and others to create a suite of digital resources. These free tools are available to everyone, including patients, survivors, providers, caregivers, and employers and coworkers.

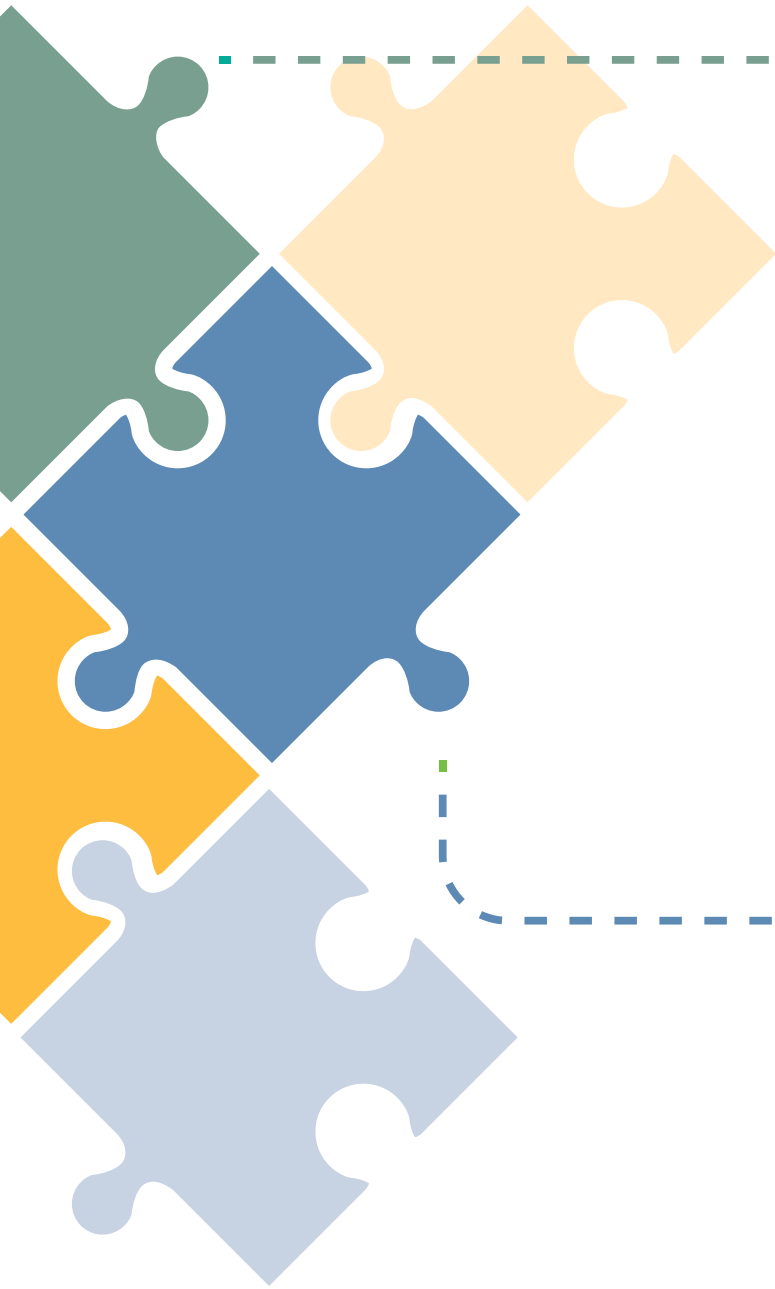


Cancer patients  
and survivors



Family caregivers





Health care providers



Managers and  
employees *(coming soon)*



# Cancer patients and survivors

## Journey Forward®

The award-winning\* Journey Forward at [JourneyForward.org](http://JourneyForward.org) was created to improve the health and well-being of cancer survivors by enhancing communication between them and their health care team. Journey Forward was developed because many cancer survivors feel lost in transition from active treatment to survivorship. Survivors said they weren't sure how to manage their follow-up care. And they had questions about the health problems that often came from their treatments.

The Institute of Medicine recommended "Survivorship Care Plans" to improve the care cancer patients receive beyond their cancer treatment. So, Journey Forward created the free My Care Plan (mobile app and writeable PDF) for survivors and the Survivorship Care Plan Builder software for doctors and nurses. With these free tools every cancer survivor can get a survivorship care plan. Journey Forward was developed in collaboration with the National Coalition for Cancer Survivorship, UCLA Cancer Survivorship Center, Oncology Nursing Society and Genentech.

### Self-Care During Cancer Treatment app – for patients

This app can help you care for yourself while you get treated for cancer. Use it weekly during treatment to assess your symptoms and learn about helpful, self-care tips. Email a copy of your assessment to your doctor or nurse, or print a copy for yourself. This free app was developed in collaboration with Genentech and is available on [the App Store](#) and [Google Play](#).

### My Care Plan app – for survivors

With this app by Journey Forward, you can create a survivorship care plan with the help of your cancer doctor or nurse. The app helps you understand and manage the long-term effects of your treatment. It also provides a wellness plan to help you follow a healthy path once your treatment is done. You can use the plan through the free mobile app or print out a PDF and use it that way. The free app is available on [the App Store](#) and [Google Play](#) and on [Journey Forward as a writeable PDF](#).

## Free cancer management apps

These free, award-winning\* resources can make cancer a little easier. The **Self Care During Cancer Treatment** and **My Care Plan** apps are available to everyone, at no cost. Download them from the App Store™ or Google Play™.

Self Care



App Store™



Google Play™

My Care Plan



App Store™



Google Play™

\*Named one of the top 10 health and medical apps of 2014 by *HealthTap*; 2013 National Cancer Institute's *Crowd Care 4 Cancer Challenge* finalist; 2012 Cancer Patient Education Network Award, 2011 WellSphere's Health Impact Award; 2009 BlueWorks Award.

These tools are not meant to provide medical advice or replace the advice of an individual's health care team.

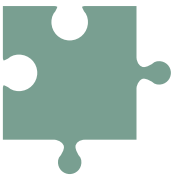


## Family caregivers

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### Help for Cancer Caregivers

Caring for a person with cancer is stressful. Oftentimes, caregivers overlook their own needs. That's why [HelpForCancerCaregivers.org](http://HelpForCancerCaregivers.org) gives the information and resources you need to care for your health. The interactive web tool helps you by creating a Personal Care Plan. It helps with issues like depression and anxiety, coping with emotions, and even managing money issues. Help for Cancer Caregivers was developed in collaboration with the Caregiver Action Network, CancerCare, Indiana University, Michigan State University, and Takeda Oncology.



## Health care providers

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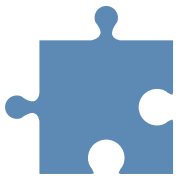
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### Survivorship Care Plan Builder

The free [Survivorship Care Plan Builder tool](#) is available to download to your computer. This software application can help you assist your patients by creating a unique plan for each patient that can be printed out, emailed or stored electronically.



## Managers and employees

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### Workplace Transitions for People Touched by Cancer

#### COMING SOON (JUNE 2015)

The Workplace Transitions program supports millions of working Americans. It provides a free, easy-to-use digital toolkit to help managers deal with cancer in the workplace and support employees' well-being. This resource helps companies of all sizes by giving managers with guidance on with managing return-to-work from a practical, psychosocial, and legal perspective. And it works with policies and procedures already in place. The toolkit supports communication between employers and employees to ensure a positive work setting. Workplace Transitions was developed in collaboration with the U.S. Business Leadership Network, Cancer and Careers, SEDL and Pfizer. The pilot for this project has been funded through a grant from the Anthem Foundation.

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Health care is changing and Anthem, Inc. is leading the way to help improve the system, make health care easier for consumers to access and use, and providing trusted and caring solutions. Our affiliated health plans and companies are empowering consumers and driving innovation to control costs and improve the quality of care everyone receives.

For more information, please visit [www.antheminc.com](http://www.antheminc.com).

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