



# Support no matter how cancer is impacting your life

## You deserve quality, affordable care

Anthem.com offers those going through cancer therapy and treatments a tool to estimate and compare costs of those treatments. The Know Your Cost tool allows you to:

- Review doctor and hospital choices
- Compare both quality and cost of services

## Let's start by helping you get answers

Have you been diagnosed with cancer? Does someone you love have cancer?

At some point in our lives, most of us will be touched by cancer. **Half of all men** and **one third of all women** in America will get cancer in their lifetime.<sup>1</sup> If you're getting ready to fight cancer, you probably have questions including:



What care do I need?

Who offers the right care?



What will my life be like having cancer?

When will I feel better?



## Your resource toolbox

Whether it's breaking down health care terms into words you can relate to or learning what to expect from your treatments, we can help clear your path to answers. Here are the resources to help:



### Support and guidance from the experts

- **Care management services** — give you access to a licensed health professional (like a nurse, dietician or behavioral health professional) who offers support, education and resources from diagnosis through treatment and recovery. These experts have special cancer training to help you learn how to ease symptoms and connect you to the resources that are right for you.



- **Your Employee Assistance Program (EAP)**<sup>2</sup> — may offer free, in-person therapy sessions for you and your household members. Your EAP may also include access to online legal, financial, child care and caregiving resources. Specific to those touched by cancer, EAP can:
  - Help you find a balance with cancer treatment and work commitments.
  - Offer resources to you if you're caring for a cancer patient.
  - Make getting back to work easier.

## Free educational resources for everyone to use and share



- **Help for Cancer Caregivers** — offers tools and information for cancer caregivers. Learn how to handle burnout, make a care plan, take care of finances, manage medications and face other issues that could come up. Go to [helpforcancer caregivers.org](http://helpforcancer caregivers.org) to find out more.



- **Self Care During Cancer Treatment app** — helps you while you're being treated for cancer. Use it weekly during treatment to assess symptoms and learn about helpful, self-care tips. This app can be found on Google Play™ or the App Store™.



- **My Care Plan by Journey Forward**® — helps survivors know what to expect on their journey ahead. This app can be found on Google Play™ or the App Store™. There are also other tools offered at [journeyforward.org](http://journeyforward.org).



- **Workplace Transitions for people touched by cancer** — arms your employer with the tools to help you when you return to work. Information is available about privacy, disability, medical leave and health care coverage at [workplacetransitions.org](http://workplacetransitions.org).



- **Prepare for Your Care nonprofit website** — focuses on things like choosing a medical decision-maker and sharing your medical wishes. It helps you prepare for future medical decisions that you may not be able to make for yourself. Just go to [prepareforyourcare.org](http://prepareforyourcare.org) to find out more.

## Anthem tools you can use today to stay healthy

- **Tools to help quit smoking** — available through our WebMD online health assessment and anthem.com.
- **Healthy Lifestyles** — online wellness solution for you to learn more about fitness, healthy eating habits and well-being.
- **MyHealth Advantage** — personal notes sent through the mail with cancer screening information tailored to you.
- **24/7 NurseLine** — nurses are available any time to answer health questions and talk about screenings and test results with you.

## Programs to promote compassionate care

- **Cancer Care Quality Program** — helps drive quality services and affordable choices for cancer care. We created this program in 2014 as an extra layer of support for oncologists, who specialize in chemotherapy. We aim to improve the quality of care our members get by making doctors aware of the latest research. This initiative helps doctors identify treatments that have the better outcomes, fewer side effects and are cost-effective. The program offers enhanced reimbursement for eligible in-network doctors who order certain drug treatment regimes. It's one way we can help you get quality health care by working with your doctor. The result is better care for you.

### How our programs fit together

## Joe's cancer journey

We're with him, every step of the way.

1

He uses **Know Your Cost** to find a low-cost, high-quality facility for his routine colonoscopy.

2

He consults with his **Enhanced Personal Healthcare (EPHC)** doctor about his choice of both facility and gastroenterologist.

3

After being diagnosed with probable cancer, Joe's **doctor, in conjunction with the gastroenterologist** refers him to a colo-rectal surgeon.

4

Joe's surgery triggers outreach from a **case management** nurse to help him in his time of need.

5

Joe's doctor refers him to an oncologist following the surgery and is **kept informed** of Joe's progress.

6

His case management nurse gives Joe a screening for depression, which is positive. She refers Joe and his wife to a **behavioral health professional** for support.

7

The case manager suggests Joe use the **Self Care app** and call the **24/7 NurseLine** with questions after hours. She also recommends his wife visit [helpforcancercaregivers.org](http://helpforcancercaregivers.org).

8

Prior to initiating Joe's chemotherapy, his oncologist uses the **Cancer Care Quality Program** to assure Joe of highest quality care.

9

Joe completes chemotherapy and uses the **My Care Plan app** to continue on the road to good physical health.

10

Joe's manager at work utilizes the **Workplace Transitions** web tool to help Joe adjust to life back at work.

Joe needs to schedule a colon cancer screening.

Having cancer doesn't mean you're on your own.

We're here to support you and your health.

<sup>1</sup> American Cancer Society website: Questions People Ask About Cancer (January 25, 2013): [cancer.org](http://cancer.org).

<sup>2</sup> EAP plans can vary based on the service provider.

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