

# THIS IS LIVING WITH CANCER™

A program for people living with cancer and those who love them



**This Is Living With Cancer™** is a comprehensive program **with a growing focus on underserved communities who experience challenges in access to care, such as:**

- People living with cancer over the age of 65
- Racial and ethnic minorities
- Those of lower income
- Individuals who live in rural areas who may not have equal access to resources

## NUTRITION & WELLNESS

Articles about healthy living, exercise and dietary considerations, as well as resources on coping with depression, anxiety, pain and more

## COPING SKILLS

Interactive online skill-building activities on topics such as goal planning, stress management and communication

## SCREENINGS AND FOLLOW-UPS

Information for communities affected by COVID-19, particularly racial and ethnic minorities, to help them speak with their doctors and get tips to prepare for cancer screenings and follow-up appointments

## RESOURCES FOR OLDER ADULTS

Encouragement, education and tools to help older adults navigate their treatment journey

## PATIENT ADVOCACY RESOURCES

Connections to resources developed by advocacy partner organizations and information organized by cancer type

Patients can hear the real stories of people living with cancer and find more resources at

[ThisIsLivingWithCancer.com](https://www.thisislivingwithcancer.com)



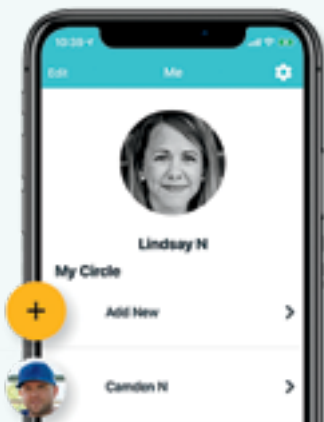


## A free app designed to help manage life with cancer

Your patients and their loved ones can download the **LivingWith**® app for free. It's available in English and Spanish.

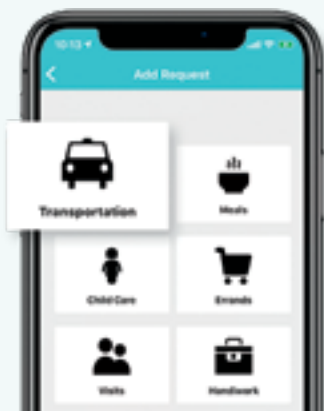


LivingWith® helps take care of the small details so patients can focus on the big picture.



### STAY CONNECTED

- Invite friends and family to join their private circle of support
- Send or receive requests for help
- Share how they're feeling with loved ones



### GET SUPPORT

- Send requests to friends and family
- Find support groups in their community
- Discover local events, including those sponsored by the American Cancer Society

### TRACK HEALTH

- Track mood and pain patterns and share personalized graphs and reports
- Sync sleep and steps with wearables like **Fitbit™**, **Apple® Health** or **Google Fit™**

### STAY ORGANIZED

- Keep track of questions
- Take and record audio notes at appointments
- Store important documents, like lab and test results

### ASSIGN A PROXY

- If managing the app may be too much, patients can assign someone to update friends or family on their behalf

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