



# Support

no matter how cancer touches your life

## WANT TO KNOW MORE?

If you're a member touched by cancer, our nurse care managers will likely reach out to you about offering extra support. You can also find helpful resources at [communityresources.anthem.com/cancer.html](https://communityresources.anthem.com/cancer.html).

## Helping members on a cancer journey

Our goal is to help members have the best possible treatment and recovery, and minimize discomfort or disruption to their lives. Here are some of the ways we offer support:



**Nurse care managers.** Our nurses have the experience and understanding to help members and their families navigate the complexities of cancer care.



**Emotional support.** We help members and their families find a therapist or psychiatrist, or enroll in emotional or behavioral health programs that are part of their benefits.



**Digital tools to help confront cancer.** We have some great programs, apps and websites for various phases of treatment and recovery. Quality resources are easy to access in one place at [communityresources.anthem.com/cancer.html](https://communityresources.anthem.com/cancer.html) — helping members feel more in control of their care and increasing quality of life during treatment



**Easy referral for pain and symptoms.** We guide members on setting up treatment goals, finding relief from pain and other symptoms — even leveraging support services like hospice without having to make difficult treatment decisions or stop treatment.



**Help for caregivers.** Family or friends may become an integral part of someone's cancer journey. We'll connect them to support resources like Help for Cancer Caregivers at [communityresources.anthem.com/cancer.html](https://communityresources.anthem.com/cancer.html).



**Anthem EAP and disability coverage.** Members and their households have access to financial and emotional counseling, as well as a financial safety net while they're in treatment. Fear, anxiety and financial hardships can be common among members with cancer and these extra benefits can help minimize the impact.

## Supporting the doctors providing the care

If you or anyone on your plan is ever diagnosed with cancer, we'll be ready to partner with your doctors by giving them timely, relevant information and insights to help them provide the highest quality of care.



**We're helping doctors by sharing information** on the latest cancer therapies and comparing real-life outcomes, possible side effects, and how toxic a treatment is. The goal: Help oncologists assess an effective course of treatment for specific cancers.

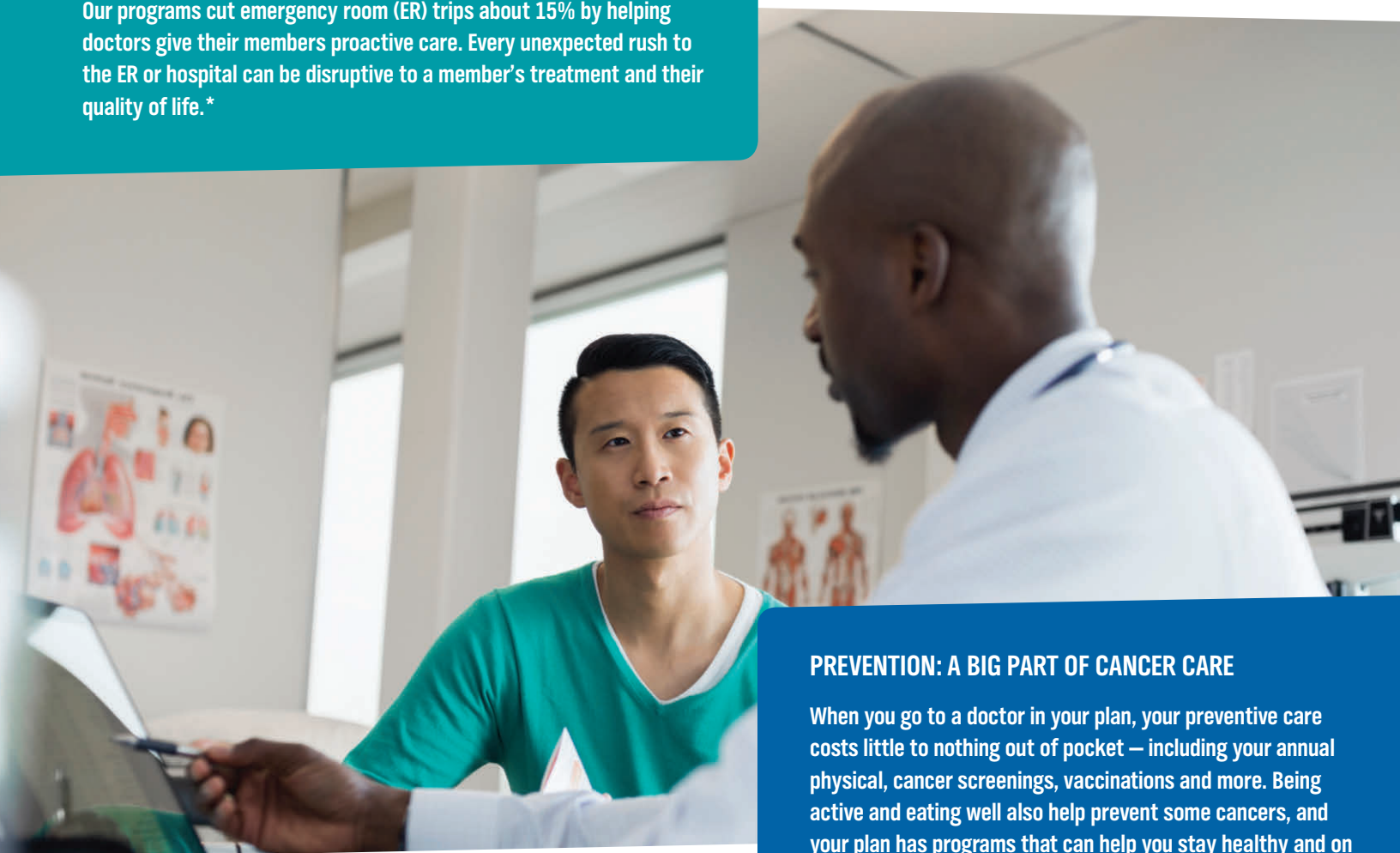


**We're partnering with doctors** to share best practices and encouraging a hands-on, proactive approach to lessen unneeded hospitalizations — which can be costly for members, and disruptive to their lives and treatment.



**We're arranging virtual second opinions** to help members and their doctors move forward with confidence in treatment decisions — by making it easier and quicker to get a second opinion.

**Our programs cut emergency room (ER) trips about 15% by helping doctors give their members proactive care. Every unexpected rush to the ER or hospital can be disruptive to a member's treatment and their quality of life.\***



### PREVENTION: A BIG PART OF CANCER CARE

**When you go to a doctor in your plan, your preventive care costs little to nothing out of pocket — including your annual physical, cancer screenings, vaccinations and more. Being active and eating well also help prevent some cancers, and your plan has programs that can help you stay healthy and on track with health goals.**

\* Internal analysis, July 1, 2014 to August 31, 2018. For members on Pathways versus non-Pathways treatments, across breast, colon, lung, lymphoma, leukemia, rectal, myeloma, ovarian, pancreatic and melanoma cancers.

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