

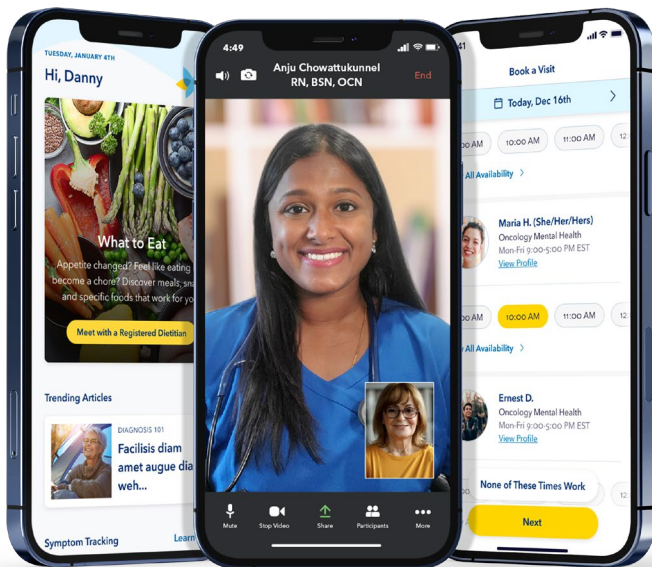
# Cancer Support Program

Personalized support that's available to you at no cost through your health plan.



Scan to get started

Cancer is difficult to navigate, emotionally and physically. You never know what you might need and when you might need it.



That's why a no-cost program called Cancer Support is now part of your health plan. This program complements your oncologist's care and treatment plan. It provides immediate access to reliable information and resources that cancer patients often need between appointments and treatments.

Cancer Support is accessible through the OncoHealth virtual platform, Iris, which includes:



### 24 x 7 access to a team of oncology nurses

Who can provide personalized advice on managing side effects and symptoms



### Weekly mental health sessions

With a therapist specializing in working with people and families dealing with cancer



### Access to registered dietitians

Who focus on nutrition and cancer



### A digital tracker

For recording goals and side effects




### A library of more than 200 on-demand articles

And videos on cancer, treatments, side effects and procedures



### A peer mentor community

To connect with others who have been in similar situations with cancer



I've been struggling to find the right words. I talked to a therapist about how to talk with my friends and with my employer about my diagnosis.

I met with the registered dietitian who helped me address my lack of appetite. Now I have energy to get through the day.

In the middle of the night, I got immediate help from a nurse to manage my nausea and vomiting and now I can go to work in the morning.

My Iris therapist helped me think through ways to cope with cancer. I don't feel like anxiety and depression are standing in my way anymore.

When you're diagnosed with cancer, no amount of expert information, timely answers or personalized support is too much. Your oncologist leads your care. **Iris is there for the moments in between.**



Get started in the Cancer Support program at [bcbsm.com/cancersupport](https://bcbsm.com/cancersupport). Or scan this QR code.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

OncoHealth is an independent company supporting Blue Cross Blue Shield of Michigan and Blue Care Network by providing cancer support services.