

SUBJECT LINE: Self-Care Starts with Support



Hi [Employee Name],

September is Self-Care Awareness Month, a reminder that caring for yourself is an important part of cancer care.

Self-care doesn't have to mean doing more. Sometimes, it means having the right support to help you navigate the challenges that come with treatment.

For one person, self-care might mean finding ways to manage nausea so they can enjoy meals again. For someone else, it could mean getting help coping with anxiety, improving sleep, or knowing who to call when new symptoms arise.

Here are a few simple ways to prioritize your well-being:

💙 **Listen to your body.** Paying attention to changes in how you feel is an important part of self-care. Your Iris Care Team can help you understand symptoms and determine when additional support may be needed.

🥗 **Fuel your body.** Good nutrition looks different for everyone during cancer treatment. Iris' oncology-trained registered dietitians provide personalized guidance for appetite changes, taste changes, hydration, and maintaining strength.

🧠 **Care for your emotional well-being.** Cancer affects more than your physical health. Iris mental health therapists provide compassionate support to help you process the emotional side of cancer.

❤️ **Accept support.** Self-care also means knowing you don't have to do it alone. Your Iris Care Team is available 24/7 whenever questions or concerns arise.

[Company Name] offers Iris, a no-cost, 24/7 cancer support program from Blue Cross Blue Shield of Michigan. Iris provides personalized, whole-person support from oncology-trained nurses, registered dietitians, and mental health therapists, helping you care for both your physical and emotional wellbeing throughout your cancer experience.

Sign up for Iris today: IrisOncology.com/bcbsm-signup.

Warmly,

[Signature]

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