



Cancer doesn't discriminate. Anyone can develop it, and a cancer diagnosis can change your life.

Cancer isn't always a one-time event, but it can often be controlled. That's due to new treatments, medications and technologies available for incurable cancers.**

And there is good news. Today, more than **15.5** million Americans are cancer survivors.** And the number continues to increase due to screenings, early diagnosis and treatment.**

Together, all the way.®

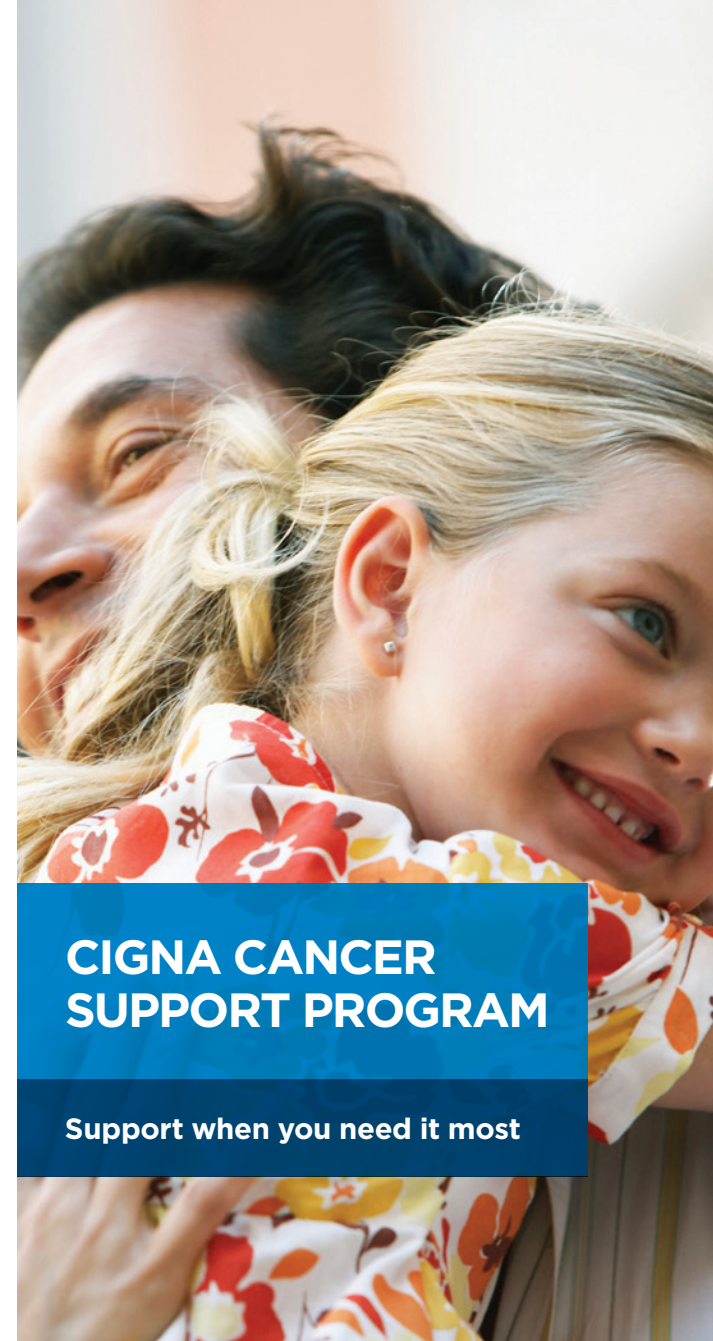


*These nurse advocates hold current nursing licensure in a minimum of one state but are not practicing nursing or providing medical advice in any capacity as a health advocate.

** American Cancer Society, "Cancer Facts & Figures 2019."
<http://www.cancer.org/research/cancerfactsstatistics/>

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CIGNA CANCER SUPPORT PROGRAM

Support when you need it most

Together, all the way.®



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CIGNA CANCER SUPPORT PROGRAM IS HERE TO HELP.

Whether you have cancer – or are a cancer survivor – you can get one-on-one support with the Cigna Cancer Support Program. From understanding your diagnosis to discussing your health care provider's treatment to celebrating your survivorship, we're here to support you and your family throughout your journey. And help you get the care you need.

The Cigna Cancer Support Program is part of your health plan and is offered at no extra cost to you. The specialists who help customers in this program have experience as oncology nurses.

The Cigna Cancer Support Program helps people facing all types of cancer and provides support for their families. Our care management approach is delivered through a multidisciplinary team, including a personal nurse advocate, social worker, medical director, pharmacist and behavioral professional.

Dedicated support

Your personal nurse advocate* works with you one-on-one to help you:

- › Address your immediate needs and concerns
- › Understand your diagnosis, medications and treatment options identified by your doctor
- › Answer any questions you may have
- › Coordinate follow-up care and screenings
- › Learn when to call your doctor
- › Understand your health plan benefits and quality providers in your area
- › Find local support groups and facilities

Living with active cancer and treatments

For people currently living with cancer and other complications such as diabetes or heart disease, they get support over the phone to build personalized support plans.

Managing post-cancer care

Whether you've had cancer in the past and still take medication or have ongoing preventive screenings, you can get support by phone as well as information in the mail and online.

Living beyond cancer treatment

Cancer survivors get information about preventive care and staying healthy after cancer. We also offer 24/7 telephone access to a nurse who specializes in supporting you with health information and access to online support.

When time is short

The Cancer Support Program helps people and their families when they're facing end-of-life care. We offer help in these areas.

- › Helping people voice their desires and choices while advocating on their behalf
- › Emotional and clinical support in coordinating end-of-life care with quality care options
- › Connecting to available resources based on individual needs
- › Coordinating transition of care

Online support

Visit [myCigna.com](https://mycigna.com) to find additional resources, information and support.

Phone support

To start working with a personal nurse advocate, call us at **800.615.2909**. Or, dial 711 to connect to a Telecommunications Relay Services (TRS) operator. We're available Monday through Friday, 8:00 a.m. to 6:00 p.m. Support is also available 24/7 through the Health Information Line.



Preventive care services are important to overall health and include screenings, exams, tests and immunizations that identify health problems early or prevent illness.

The Cigna Cancer Support Program is not meant to replace the care you get from your doctor. It gives extra support if you need it. To learn more, call the number on the back of your Cigna ID card.