Many people, just like you, have similar concerns about navigating life after a cancer diagnosis. Few survivors feel prepared for what comes next after treatment.

At SurvivorshipToday.com, you can watch the stories of people who have been affected by cancer and learn how connecting with community resources and advocacy groups can help empower you.

Cancer may impact your life, but you are not alone.

Many people, just like you, have similar concerns about navigating life after a cancer diagnosis. Few survivors feel prepared for what comes next after treatment.

At SurvivorshipToday.com, you can watch the stories of people who have been affected by cancer and learn how connecting with community resources and advocacy groups can help empower you.

About Survivorship Today

Survivorship Today: What It’s Like to Live with Cancer is an initiative by Bristol Myers Squibb that aims to share stories of people across the country who have been affected by cancer and advance our collective understanding of what it’s like to live with the disease today.

Watch the series at SurvivorshipToday.com
Address your concerns about living with cancer

Talk to your healthcare providers and ask questions about:

- Mental & emotional wellbeing
- Exercise & nutrition
- Managing side effects
- Family planning
- Returning to work
- Financial planning
- Transitions of care
- Life after cancer & survivorship

Patient & caregiver resources

<table>
<thead>
<tr>
<th>Resource</th>
<th>Website / Phone</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Cancer Society</td>
<td>Cancer.org 800-227-2345</td>
<td>- Support Programs and Services in Your Area, a navigation tool to find support near you&lt;br&gt;- Information and Resources About Clinical Trials</td>
</tr>
<tr>
<td>Cactus Cancer Society</td>
<td>CactusCancer.org</td>
<td>- Cactus Cancer Society provides a variety of workshops focused on helping young adults living with cancer</td>
</tr>
<tr>
<td>Cancer101</td>
<td>Cancer101.org 646-638-2202</td>
<td>- Your Health GPS, a full service patient guide for navigating cancer&lt;br&gt;- The CANCER101 Planner</td>
</tr>
<tr>
<td>Cancer Support Community</td>
<td>CancerSupportCommunity.org 888-793-9335</td>
<td>- Cancer Support Helpline, a navigation tool for cancer patients and their loved ones&lt;br&gt;- COVID-19 and Cancer Coalition, a group of 30+ oncology thought leaders and organizations that provide tools for cancer survivors</td>
</tr>
<tr>
<td>CancerCare</td>
<td>CancerCare.org 900-813-HOPE (4673)</td>
<td>- Counseling, provided by professional oncology social workers</td>
</tr>
<tr>
<td>Family Reach</td>
<td>FamilyReach.org 973-394-1411</td>
<td>- Financial Treatment Program, support services to help people navigate the financial impacts of living with cancer</td>
</tr>
<tr>
<td>Stupid Cancer</td>
<td>StupidCancer.org 212-619-1040</td>
<td>- Mental Health Information, for those living with cancer&lt;br&gt;- Health Equity Information, a resource focused on equitable access to healthcare</td>
</tr>
</tbody>
</table>

Become your own advocate by seeking out resources for:

- Health education materials
- Mental health support
- Financial planning
- Connecting with other cancer patients and survivors
- Access to care and health equity

Resources are available for both patients & caregivers through patient advocacy organizations.

As information about the coronavirus pandemic rapidly changes, Bristol Myers Squibb is committed to providing the most recent resources to patients. Some of the information in this flashcard may have changed after publication. For the latest on COVID-19, visit online resources from the CDC, WHO and local public health departments.

Bristol Myers Squibb is not affiliated with nor endorses these organizations.

© 2022 Bristol Myers Squibb Company