

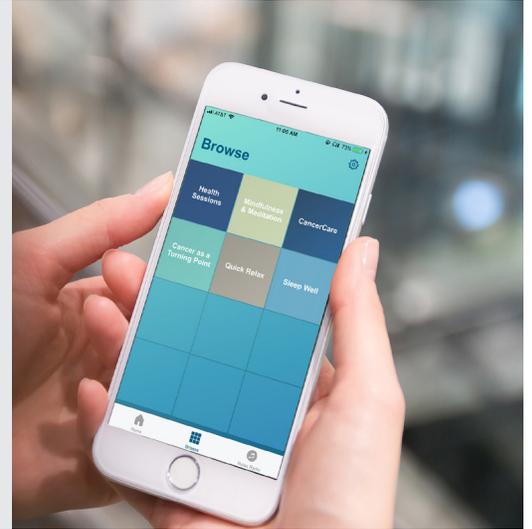


CANCERcare®

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MOBILE APPLICATIONS (APPS) AND CANCER

Smart phones, or mobile phones with the features of a personal computer such as email access and internet browsing, can benefit those living with cancer and their loved ones through “apps” (also known as mobile applications). Many apps can conveniently help organize questions to ask your health care team, provide information about a diagnosis and/or help caregivers coordinate practical needs.



HELPFUL APPS

Here are some free apps that you can download and may find helpful. Even though these apps are free, you will need to “purchase” and install from “The App Store” on your phone. Use the “search” field to locate the app you are looking for, and then download for free.

CancerCare’s Meditation App

For the iPhone. Android coming soon. To complement our free, emotional support services for people with cancer and their loved ones, CancerCare has partnered with BodyMind Sessions to bring you the CancerCare Meditation app. The app aims to help people affected by cancer manage the symptoms of treatment, let go of anxiety, achieve deep, restful sleep and stay emotionally balanced.

Cancer.Net Mobile

For the iPhone and Android. The Cancer.Net mobile app provides access to comprehensive, oncologist-approved information from the American Society of Clinical Oncology (ASCO). This app includes up-to-date information on 120+ cancer types, including treating cancer, managing side effects and managing the cost of cancer.

CaringBridge

For the iPhone and Android. Create personal, password-protected websites to make it easy to stay connected during any type of health event from your phone. Family and friends can visit CaringBridge via their website or app to stay informed and leave supportive messages. This app also offers “SupportPlanner”—a calendar that helps family and friends coordinate care and organize helpful tasks, like bringing a meal, offering rides, taking care of pets and other needs.

Center for Advancing Health’s App—AfterShock: Facing a Serious Diagnosis

For the iPhone only. A cancer diagnosis turns a person’s world upside down. The AfterShock: Facing a Serious Diagnosis app helps guide individuals who are recently diagnosed. Using this app, learn more about your diagnosis, treatment options and ways to better cope with shock. This app includes concise information and trusted resources.

Health Resources and Services Administration’s “Find a Health Center” App

For the iPhone only. Finding a health center nearby is now easier with the “Find a Health Center” App. By entering a city/state/ZIP or place name, this app will locate federally-funded health centers for you.

My Cancer Circle

For the iPhone only. My Cancer Circle is a free, private online tool created by Boehringer Ingelheim Pharmaceuticals in collaboration with CancerCare to help caregivers create their own community of support. The app allows caregivers to coordinate volunteer activities such as cooking meals or transporting a loved one to appointments from their phone. My Cancer Circle also provides a private space where members can offer words of support and encouragement.

National Coalition for Cancer Survivorship’s App: Pocket Cancer Care Guide

For the iPhone only. Pocket Cancer Care Guide app provides reliable information and a place to build a list of practical questions to help you better communicate with your health care team. This app includes:

- Hundreds of questions in categories for each stage of your cancer diagnosis
- Allows you to list questions to use when talking to your health care team
- Record and play back your doctor’s answers
- A glossary with important medical terminology

AN ONCOLOGY SOCIAL WORKER CAN HELP

Oncology social workers understand the complex issues that can arise with a cancer diagnosis and can help you navigate this process free of charge.

To speak with a professional oncology social worker, call 800-813-HOPE (4673).



CancerCare® Can Help

Founded in 1944, CancerCare is the leading national organization providing free support services and information to help people manage the emotional, practical and financial challenges of cancer. Our comprehensive services include counseling and support groups over the phone, online and in-person, educational workshops, publications and financial and co-payment assistance. All CancerCare services are provided by professional oncology social workers and world-leading cancer experts.

To learn more, visit www.cancercare.org or call **800-813-HOPE (4673)**.

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