



Cancer Management Program

Virginia Premier wants to help you take control of your health. If you are being treated for breast, lung, colorectal or a blood cancer then our Cancer Management program can help. This program aims to help you:

- become active in your own care, and
- understand and manage any symptoms and side effects of cancer treatment

Why Take Part in the Cancer Management Program?

There are many benefits to taking part in this program. Here are some of those benefits:

- you can get the most current health information about cancer
- you can get support from a Registered Nurse

What does the Program Include?

As part of this program, a nurse will talk with you about your health. Here are some things a nurse will talk with you about:

- how cancer affects you
- your overall health
- your feelings about cancer
- any cancer medications and treatments you are taking
- the importance of working with your team of doctors
- any other support services you may need

After the first call, we will sometimes check in to see how you are doing and to answer any questions. We will give you information and support to help you get through each step of cancer. This includes cancer prevention, early detection and treatment.

We will also give you information and support to help you live a healthy lifestyle. Here are some other areas of healthy living that we may give you help with:

- healthy weight
- exercising
- meal planning
- quitting smoking

How Can I Join?

To learn more about cancer and how Virginia Premier can help, call your Disease Manager Monday - Friday, 8 am - 5 pm at 1-866-243-0937.

To learn more about cancer, follow this link: <http://www.cancer.org/>.

Virginia Premier Health Plan, Inc.

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