

# THIS IS LIVING WITH CANCER™

A program for people living with cancer and those who love them



Download the free LivingWith® app



## LEARN ABOUT HEALTHY LIVING

Looking for new ways to eat healthy or stay active? Discover articles on nutrition, wellness, fitness and more. Also, find information on depression, anxiety and pain.

## BUILD COPING SKILLS

Get help with setting goals, communicating, managing stress and more with *This Is for You*, a tool designed to help you cope with challenges, expected and unexpected.

## GET INSPIRED

Hear the real stories of people living with cancer. Their journeys may be different, but they all share strength, resilience and inspiration.

## FIND ADVOCACY GROUPS

Get connected to resources developed by advocacy partner organizations and find specific resources by cancer type.

## AS WE AGE

*Tools and resources for older adults*

Did you know that about 54% of cancers occur in people over the age of 65? "As We Age" was created to meet the unique needs and challenges of older adults and empower them to take control of their health.

**ENCOURAGEMENT**  
Hear inspirational patient stories

**EDUCATION**  
Navigate common challenges and learn about healthy living

**TOOLS**  
Download guides and journals to build healthy habits, track activities and manage daily life

## RESOURCES TO HELP YOU LIVE LIFE BEYOND YOUR DIAGNOSIS



**This Is Living With Cancer™** is a program developed by Pfizer Oncology that includes resources designed for all people living with cancer.

This program is **available to anyone in the United States**, whether you're currently on a Pfizer treatment or not.



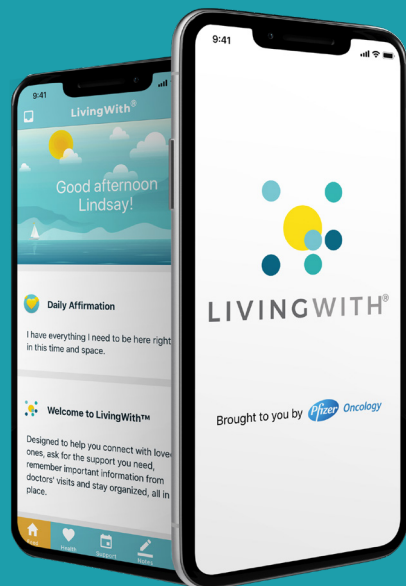
Follow us @thisislivingwithcancer



Visit [ThisIsLivingWithCancer.com](https://www.thisislivingwithcancer.com) to learn more.



# A FREE APP DESIGNED TO HELP MANAGE LIFE WITH CANCER



LivingWith® helps take care of the everyday details so you can focus on the big picture

With the LivingWith® app you can:

## GET SUPPORT

Asking for help can be difficult. LivingWith makes it easy to send requests for help with daily tasks, such as meals or rides to doctors' appointments. You can also find support groups and local events in your community.



Scan this code with your phone's camera to learn about other app features or visit [ThisIsLivingWithCancer.com/Living-With-App](https://www.thisislivingwithcancer.com/Living-With-App)



## TRACK YOUR HEALTH

How you're feeling may change day by day, so it's helpful to look for patterns. With LivingWith, you can track mood and pain patterns and sync sleep and steps with wearable fitness trackers like Fitbit™, Apple® Health or Google Fit™.

## STAY ORGANIZED

Being prepared leads to better conversations with your doctor. LivingWith helps you keep track of questions, record audio notes and remember important information from doctors' visits.

## ASSIGN A PROXY

If managing the app is too much, you can assign someone to send requests for help or update friends or family on your behalf.

## STAY CONNECTED

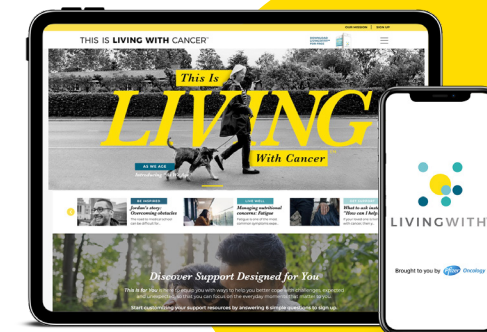
Connecting with friends and loved ones is important. LivingWith lets you invite friends and family to join your private circle of support, send or receive requests for help and share how you're feeling on a daily basis.

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Visit [ThisIsLivingWithCancer.com](https://www.thisislivingwithcancer.com) to learn more and download the LivingWith® app for free.

Available in English and Spanish.



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PP-ONC-USA-1929-01  
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August 2020

