



Supporting cancer survivors

Cancer affects one in five people.¹ That means nearly everyone in the world has direct or indirect experience with this disease. Thanks to more-aggressive cancer screening guidelines and improved treatments, cancer survivorship is estimated to increase 24.4% by 2032 (22.5 million).²

June 2 is National Cancer Survivors Day®, a day to celebrate those who have survived cancer and inspire those currently fighting it, along with the families who support them.

Cancer is complex, and so is treatment. That's why Anthem offers a variety of resources to support cancer patients and their loved ones.

Chronic conditions

The Cancer Care Navigator program is a no-added-cost service available to Anthem-enrolled workers. It provides support for people living with the challenging side effects of cancer treatment. To learn more about the program, call **833-649-0669**.

Cancer screenings come at no added cost

Screening for cancer is the best way to defend against it because the earlier cancer is detected, the higher the survival rate.³ Cancer screenings and other preventive visits are covered by your Anthem health plan.

Check your action items in Anthem's **SydneySM Health** app to see if you're up to date on your cancer screenings. You can also earn rewards for getting your screenings this year, like \$25 for completing a colorectal cancer screening and/or a mammogram.

Helpful resources

You have access to information and resources through the **Sydney Health** app. Just log in and select Menu > My Health Dashboard > More What's New.



Midyear health check

By the end of this month, we will be halfway through 2024. How is your health? Are you managing stress better? Have you been walking outside now that the weather is warmer? Have you been eating better?

If this year isn't going as well as you had hoped, you still have six months to make a difference. Anthem is here to help.

Action plans

Using the Sydney Health app, you can access habit boot camps — short activities that focus on a healthier habit, such as being more active, eating healthier, reducing stress, or sleeping better. To get started, log in to the **Sydney Health** app and select Menu > My Health Dashboard > Action Plans.

ConditionCare

If you have asthma, chronic obstructive pulmonary disease, diabetes, or coronary artery disease, you can speak or chat to knowledgeable professionals to help you make small

changes that can make a big impact on your health. Anthem-enrolled workers can connect to a ConditionCare nurse to help you or your covered family members manage a chronic condition.

Take advantage of ConditionCare by using Live Chat in the **Sydney Health** app or calling **866-962-0963**.



Recipe box

This is a new monthly feature filled with ideas to make eating healthy easier and more delicious.

Did you know inflammation can raise your risk for cancer?⁴ This month, we're sharing recipes that are rich in antioxidants to help reduce inflammation and overall cancer risk.

Breakfast: [A berry almond smoothie bowl](#)

Lunch: [Spinach salad with roasted sweet potatoes, white beans, and basil](#)

Dinner: [Walnut-rosemary crusted salmon](#) with a [broccoli and cauliflower salad](#)

Snack: [Carrot cake energy bites](#)