

Living with **CANCER**

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Here for you now. Here for you in the long run.

At Kaiser Permanente, our goal is to help you make your overall health the best it can be, now and for years to come. We understand that living with an ongoing condition can be difficult. That's why we offer programs to help our members manage cancer.

About 1.4 million people in the United States were diagnosed with some kind of cancer in 2006, according to the American Cancer Society.

Your chance of surviving cancer increases if detected and treated early. We understand that even when the cancer is removed, you may experience ongoing physical and emotional conditions. But there are steps you can take to improve your health and increase your chance of successfully surviving cancer.

Managing cancer

Our specialized care program for cancer is designed to help you work closely with your primary care physician. Your physician can refer you to specialists who can provide treatment that's right for your type of cancer.

Your primary care physician and the rest of your health care team can also connect you with resources to help you understand cancer and find support. After your treatment, you may experience related conditions such as pain, fatigue, nausea, hair loss, persistent swelling, changes in appearance, depression, and fear that the cancer may come back. We can help you deal with these conditions.

Our integrated approach to specialized condition management includes:

- ▶ Evidence-based guidelines for various types of cancer and side effects to help your physician or specialist provide the right treatment for you.

- ▶ A state-of-the-art computer system that lists your medications and sends alerts to your doctors to help ensure that your prescriptions are working safely together.
- ▶ Post-treatment management and care, including screenings.
- ▶ Cancer care coordinators who can help you stay on top of your treatment and connect you with cancer-related resources (in some regions).
- ▶ Support groups where you can share your experience with other members (in some regions).
- ▶ In-person and online programs to encourage and support a healthy lifestyle and help prevent a recurrence.
- ▶ Connecting you with community resources to help you learn more about cancer.
- ▶ Information about your specific type of cancer in our Health Encyclopedia on **kp.org**, plus many more online tools and resources, all available 24 hours a day.

To learn more about cancer

Visit **kp.org/health** and search for your specific type of cancer or call the Kaiser Permanente Healthphone at **1-800-332-7563** or **1-800-777-9059** (TTY for the deaf, hard of hearing, or speech impaired). For a list of topics, you can request a copy of the *Kaiser Permanente Healthphone Directory* by calling your Member Services department (except in Ohio), or you can download one from our Web site by searching for "Healthphone."

kp.org/health

We're here to help you **FEEL YOUR BEST, NOW AND FOR YEARS TO COME.**

To learn more about what Kaiser Permanente has to offer, visit us at kp.org or call us at one of the numbers below.

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California

Mon.–Fri., 7 a.m.–7 p.m.

Sat.–Sun., 7 a.m.–3 p.m.

1-800-464-4000 English, Tagalog, Vietnamese

1-800-788-0616 Spanish

1-800-757-7585 Chinese dialects

1-800-777-1256 English (Coachella Valley members only)

1-800-777-1370 (TTY)

Colorado – Colorado Springs

Mon.–Fri., 8 a.m.–5 p.m.

1-888-681-7878

1-800-521-4874 (TTY)

Colorado – Denver/Boulder

Mon.–Fri., 8 a.m.–5 p.m.

(303) 338-3800 Denver metro area

1-800-632-9700 From other areas

(303) 338-3820 or **1-800-659-3656** (TTY)

Georgia

Mon.–Fri., 8:30 a.m.–9 p.m.

Sat.–Sun., 8 a.m.–2 p.m.

(404) 261-2590

1-888-865-5813 Outside of Atlanta

1-800-255-0056 (TTY)

Hawaii

Mon.–Fri., 8 a.m.–5 p.m.

Sat., 8 a.m.–noon

(808) 432-5955 Oahu

1-800-966-5955 Neighbor Islands

1-877-447-5990 (TTY)

Mid-Atlantic States – Maryland, Virginia, and Washington, DC

Mon.–Fri., 7:30 a.m.–5:30 p.m.

(301) 468-6000 Inside metro Washington, DC

1-800-777-7902 Outside metro Washington, DC

(301) 879-6380 (TTY)

Northwest – Oregon, Washington, and Northern Idaho

Mon.–Fri., 8 a.m.–6 p.m.

(503) 813-2000 Portland area

1-800-813-2000 All other areas

1-800-735-2900 (TTY)

1-800-324-8010 Language interpretation

Ohio

Mon.–Thu., 8:15 a.m.–5 p.m.

Friday, 9:30 a.m.–5 p.m.

1-800-686-7100

1-877-676-6677 (TTY)

Kaiser Foundation Health Plan of Ohio
Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.
2101 E. Jefferson St., Rockville, MD 20852

Kaiser Foundation Health Plan of Georgia, Inc.
Nine Piedmont Center; 3495 Piedmont Road, NE; Atlanta, GA 30305
(404) 364-7000

Kaiser Foundation Health Plan of the Northwest
500 NE Multnomah St., Portland, OR 97232