













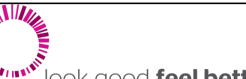
RESOURCES LIST






Our resources list is provided for informational purposes only. Wellness Places does not endorse the content, products, or services of such applications and websites. As always, be sure to talk with your health care team with any questions you may have about information you find.

ADOLESCENT & YOUNG ADULT (AYA)

 www.lbbc.org	<p>Cancer and Careers empowers and educates people with cancer to thrive in their workplace, by providing expert advice, interactive tools and educational events. As the number of cancer survivors in the U.S. continues to grow, there is an increasing need for resources and support to help them get back to everyday life and work after diagnosis and treatment. PH #646-929-8032</p>
 www.firstdescents.org	<p>First Descents is a recognized leader in outdoor experiential programming. Through outdoor adventures, skills development, and local adventure communities FD improves the long-term survivorship of young adults impacted by cancer and other serious health conditions.</p>
 www.lacunaloft.org	<p>Lacuna Loft is a nonprofit organization providing online support programs to young adult cancer survivors and caregivers. The only organization bringing digital health and survivorship care together specifically for AYAs, Lacuna Loft offers diverse online programs regardless of diagnosis and regardless of where they live.</p>
 www.stupidcancer.org	<p>Stupid Cancer offers a lifeline to the adolescent and young adult cancer community by connecting them to age-appropriate resources and peers who get it. Our mission is to empower Adolescents and Young Adults (AYA) affected by cancer by ending isolation and building community.</p>
 www.youngsurvival.org	<p>Young Survival Coalition (YSC) is the premier global organization dedicated to the critical issues unique to young women who are diagnosed with breast cancer. YSC offers resources, connections and outreach so women feel supported, empowered and hopeful. PH #877-972-1011</p>

SUPPORT PROGRAMS - VIRTUAL & BY PHONE

 cancersupportcommunity.org	<p>Cancer Support Community (CSC) is dedicated to ensuring that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. Learn about all types of cancer, find support, living with cancer topics, diet and nutrition, listen to the radio show, read the blog. The Cancer Support Community's Cancer Emergency Fund provides financial assistance and support to individuals living with cancer who may be struggling with financial hardships.</p>
 www.caringbridge.org	<p>Caring Bridge is working toward a single vision: a world where no one goes through a health journey alone. In order to turn this vision into reality, we've made it our mission to build bridges of care and communication providing love and support on a health journey.</p>
 <p>DOWNLOAD LIVINGWITH® FOR FREE</p>	<p>Explore LivingWith® A free app, developed by Pfizer Oncology, designed to help manage life with cancer. Everything you need, all in one place. Download the free app on Droid or iPhone and you can: Get inspired by daily positive affirmations, Invite friends and loved ones to support you, Track your mood and pain, Share personalized graphs and reports with your oncology healthcare team, and more.</p>
 www.friend4life.org	<p>Friend For Life Cancer Support Network helps persons recently diagnosed with cancer and their loved ones navigate the path through diagnosis, treatment and recovery by pairing them with a trained survivor of a similar experience so they can face cancer with someone who's been there. PH #866-374-3634</p>
 <p>LIVING BEYOND BREAST CANCER®</p> www.lbbc.org	<p>Living Beyond Breast Cancer provides programs and services to help people whose lives have been impacted by breast cancer. Support options by phone, online, virtual, webinars, videos and more. All our resources are carefully and frequently reviewed by some of the country's leading healthcare experts and informed by people living with breast cancer. PH #855-807-6386</p>
 <p>look good feel better</p> www.lookgoodfeelbetter.org	<p>Look Good Feel Better is dedicated to improving the quality of life and self-esteem of people undergoing cancer treatment. The program offers complimentary group and virtual sessions that teach beauty techniques to help people with cancer to face their diagnosis with greater confidence.</p>



 <p>MICHAEL'S MISSION Supporting the Colorectal Cancer Community</p> <p>www.lbbc.org</p>	<p>Michael's Mission is focused on improving the quality of life and treatment options for those suffering from colorectal cancer through education, research and patient support. Provides patient, family and caregiver mentor programs. PH #646-415-2414</p>
 <p>DEDICATED EXPERIENCED SUPPORT SHARE for women facing breast or ovarian cancer</p> <p>www.lbbc.org</p>	<p>SHARE supports, educates, and empowers women affected by breast, ovarian, or metastatic breast cancer. Our mission is to connect women with the unique support of survivors and peers, creating a community where no one has to face breast or ovarian cancer alone. PH #855-807-6386</p>
 <p>Smart Patients</p> <p>www.smartpatients.org</p>	<p>Smart Patients provides an online community to learn from other patients with all types of cancer. Patients often become extraordinarily knowledgeable about their disease. You can, too</p>
 <p>STAND UP TO CANCER</p> <p>www.standuptocancer.org</p>	<p>Stand Up To Cancer understands the challenges a diagnosis can bring. Browse through our list of patient and caregiver resources to help you throughout your cancer journey, and learn more about clinical trials.</p>
 <p>WhatNext</p> <p>www.whatnext.com</p>	<p>What Next was developed in part with the American Cancer Society (AJCS), and uses patent pending matching algorithms to connect people to highly relevant peers, firsthand experiences and ACS resources. Additionally, WhatNext gives people a way to share experiences with their illnesses using an easy to use timeline format.</p>

EDUCATIONAL AND FINANCIAL


 <p>AGAP</p> <p>www.claims.org</p>	<p>ACAP works with clients to ensure that they receive all the health insurance benefits to which they are entitled. Claims assistance professionals provide education about benefits and options and act as liaisons between patients, insurance companies and health providers. PH #888-394-5163</p>
 <p>American Cancer Society</p> <p>www.cancer.org</p>	<p>American Cancer Society provides a wealth of information and tools for managing the financial and logistical issues related to your cancer, including information on insurance issues, advice on what to do if your work situation changes, as well as how to find a professional financial advisor sensitive to cancer issues to help guide you. PH #800-ACS-2345</p>
 <p>ANGEL FLIGHT</p> <p>www.angelflight.com</p>	<p>Angel Flight is a non-profit charitable organization of pilots, volunteers, and friends. We will arrange free air transportation for any legitimate, charitable, medically related need. Phone #918-749-8992</p>
 <p>CANCERcare</p> <p>www.cancer.org</p>	<p>Cancer Care provides free, professional support services to people with cancer, caregivers, children, loved ones and the bereaved. Programs include counseling and support groups, education, financial assistance, practical help and a comprehensive resource guide. Phone #800-813-4673</p>
 <p>cfac CANCER FINANCIAL ASSISTANCE COALITION</p> <p>www.cancerfac.org</p>	<p>Cancer Financial Assistance Coalition (CFAC) is a coalition of financial assistance organizations joining forces to help cancer patients experience better health and well-being by limiting financial challenges through facilitating communication and collaboration among member organizations, educating patients and providers about existing resources and advocating for patients.</p>
 <p>Children's Leukemia Research Association, Inc.</p> <p>www.childrensleukemia.org</p>	<p>Children's Leukemia Reserach Association provides financial assistance to adults and children with any type of leukemia, residing and receiving treatment within the United States, having US Citizenship. No proof of income required. Medicaid Recipients are not eligible. Phone #516-222-1944</p>
 <p>CancerLifeline</p> <p>www.cancerlifeline.org</p>	<p>Cancer Lifeline is a place to seek in-the-moment support for anyone touched by cancer, including patients, friends, families, or co-workers. Trained staff and volunteers are available to provide warm, non-judgmental listening, support, and information over the telephone at your convenience.</p>
 <p>family reach</p> <p>www.familyreach.org</p>	<p>Family Reach is dedicated to eradicating the financial barriers that accompany a cancer diagnosis, a widespread issue known as Cancer-Related Financial Toxicity (CRFT). We work with patients and healthcare professionals striving to reach more families before they hit critical financial breaking points. PH #857-233-2764</p>
 <p>good days effective compassion®</p> <p>www.mygooddays.org</p>	<p>Good Days is a non-profit charitable organization that helps underinsured patients with chronic diseases, cancers or life-altering conditions to obtain the expensive medications they need. They assist patients throughout the United States who meet income qualification guidelines and have private insurance or a Medicare Part D plan but cannot afford the co-payments for their specialty therapeutics. PH #877-968-7233</p>
 <p>HEADstrong Foundation</p> <p>headstrongfoundation.org</p>	<p>The HEADstrong Foundation makes available grants to patients undergoing treatment for blood cancers, who are experiencing financial hardship. Grant amounts: Up to \$1000 (subject to availability) for patients who are undergoing treatment at time of application for leukemia, lymphoma, or myeloma. PH #610-461-5987</p>

 <p>HEALTHWELL FOUNDATION® When health insurance is not enough.® www.healthwellfoundation.org</p>	<p>HealthWell Foundation helps individuals afford prescription medications they are taking for specific illnesses. The Foundation provides financial assistance to eligible patients to cover certain out-of-pocket health care costs, including prescription drug co-insurance, co-payments and deductibles, health insurance premiums and other selected costs. PH #800-675-8416</p>
 <p>LEUKEMIA & LYMPHOMA SOCIETY™ www.leukemia-lymphoma.org</p>	<p>Leukemia & Lymphoma Society offers services and resources to people diagnosed with a blood cancer. They have information about managing household finances and healthcare insurance and understanding rights in the workplace as a survivor and/or caregiver. LLS also offers a Patient Financial Aid Program and Co-pay assistance program. PH #800-955-4572</p>
 <p>Lazarex CANCER FOUNDATION IT'S ABOUT LIVING www.lazarex.org</p>	<p>Lasarex's mission is to provide resources for cancer patients who've been told they have no other options, but who are not yet done with their journey in life and refuse to give up now. They provide financial assistance to defray the costs associated with patient participation in FDA clinical trials. and help patients navigate their clinical trial options. PH #877-866-9523</p>
 <p>LYMPHOMA RESEARCH • FOUNDATION www.lymphoma.org</p>	<p>Lymphoma Research Foundation provides a patient aid grant program provides limited financial assistance to lymphoma patients who are uninsured or have adequate medical insurance but struggle to pay for expenses related to their lymphoma treatment, such as medical bills, transportation costs to get to and from treatment, lodging and childcare expenses. PH #800-500-9976</p>
 <p>medicine assistance tool.org www.pparx.org</p>	<p>Partnership for Prescription Assistance is a coalition of pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups that helps qualifying patients who lack prescription coverage get the medications they need through the public or private program that is right for them. PH #888-477-2669</p>
 <p>NeedyMeds www.needy meds.org</p>	<p>NeedyMeds is a free, online clearinghouse to help people who cannot afford medicine or health care costs. This website includes a wide range of information about services such as Discount Drug Cards, Medicaid websites, Federal Poverty Guidelines and other useful information. PH #800-503-6897</p>
 <p>NORD® National Organization for Rare Disorders www.rarediseases.org</p>	<p>National Organization for Rare Disorders (NORD) is a patient advocacy organization dedicated to individuals with rare diseases and the organizations that serve them. NORD, is committed to the identification, treatment, and cure of rare disorders through programs of education, advocacy, research, and patient services. PH #203-744-0100</p>
 <p>www.svdpusa.org</p>	<p>St Vincent de Paul provides various services to people in need, including food programs, emergency financial assistance, emergency transportation, rent/mortgage assistance, free pharmacy services, budget counseling, referral services and more. To get help, contact the nearest Catholic Church in your community and ask if they have a Society of St. Vincent de Paul Conference in their parish. PH #314-576-3993</p>
 <p>PAN Foundation www.panfoundation.org</p>	<p>PAN Foundation helps underinsured people with life-threatening, chronic and rare diseases get the medications and treatments they need by assisting with their out-of-pocket costs and advocating for improved access and affordability. PH #866-316-7263</p>
 <p>Patient Advocate Foundation CO-PAY RELIEF DISPENSING HELP. DELIVERING HOPE www.copays.org</p>	<p>Patient Advocate Foundation's Co-Pay Relief program exists to help reduce the financial distress patients, and their families face when paying for treatment. We believe that no patient should go without life changing medications because they cannot afford them. We are here to help. PH #866-512-3861</p>
 <p>PATIENT SERVICES INCORPORATED www.patientservicesinc.org</p>	<p>Patient Services Inc (PSI) is a national non-profit organization whose caring staff is committed to supporting people with expensive chronic illnesses and conditions through locating solutions with health insurance and assisting with premiums and prescription copayments to facilitate positive health and well-being. PH #800-366-7741</p>
 <p>Rx Outreach The Nonprofit Pharmacy www.rxoutreach.org</p>	<p>Rx Outreach is a patient assistance program that provides affordable medicines for those who qualify financially. Help is available to people regardless of age or whether they use another discount medicine program or patient assistance program. Phone #800-769-3880</p>





FUNDRAISING

 <p>www.giveforward.com</p>	<p>GiveForward is one of the top online fundraising websites and the only platform for medical fundraising that provides coaches who offer guidance on how to raise money online.</p>
 <p>Help Hope Live www.helphopelive.org</p>	<p>Help Hope Live supports community-based fundraising for people with unmet medical and related expenses due to cell and organ transplants or catastrophic injuries and illnesses. PH #800-642-8399</p>








LEGAL

 <p>Cancer Legal Resource Center A DRLC PROGRAM cancerlegalresourcecenter.org</p>	<p>The Cancer Legal Resource Center provides information through its national telephone assistance line/online assistance program, as well as outreach programs and community activities to educate and support cancer patients, their families, healthcare professionals and advocates on matters like maintaining employment through treatment, accessing healthcare and government benefits, taking medical leave and estate planning. PH #213-736-1455</p>
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NUTRITION

 <p>www.cookforyourlife.org</p>	<p>Cook for Your Life has grown to become an extensive online resource dedicated to teaching healthy cooking to people touched by cancer. As part of the Fred Hutchinson Cancer Research Center, they are dedicated to providing healthy recipes, news features and video cooking demonstrations to promote healthy eating among the wider cancer community of patients, survivors and caregivers.</p>
 <p>www.cookforyourlife.org</p>	<p>Oncology Nutrition covers research, prevention, treatment, recovery, palliative care, and hospice. The ON DPG provides dietetic professionals with resources and networking opportunities to deal with the complexities of oncology practice.</p>
 <p>www.pearlpoint.org</p>	<p>PearlPoint Nutrition Services®, a program of The Leukemia & Lymphoma Society (LLS), offers free nutrition education and consultations to patients and caregivers of all cancer types. Providing tips for caregivers, recipes, menu planning, and patients and their caregivers of all cancer types may receive a free one-on-one phone consultation with our registered dietitian who has expertise in oncology nutrition.</p>
 <p>www.savorhealth.com</p>	<p>Savor Health designs individually personalized nutrition solutions to meet the unique needs of cancer patients at every step along their journey. Our comprehensive range of technology-enabled services includes algorithm-driven meal and content recommendations and nutritional counseling through a team of oncology credentialed registered dietitians and nurses. PH #888-721-1041</p>

SUVIVORSHIP

 <p>www.confluencehealth.org</p>	<p>Confluence Health Cancer Survivorship and Wellness Program is to empower individuals to make positive changes to improve quality of life during and after cancer treatment. Optimizing physical fitness, whole food nutrition and good communication between you and your health care providers are key components. PH #509. 663.8711 x2956</p>
 <p>www.easecancer.org</p>	<p>EASE Cancer Foundation is dedicated to enhancing the journey of cancer survivors by improving their quality of life and overall well-being. EASE is our acronym for Exercise and Survivorship Education and is dedicated to providing innovative educational programs for cancer survivors and enhancing cancer services in rural communities.</p>
 <p>www.fredhutch.org</p>	<p>Fred Hutch Survivorship Program offers support, consultation and education for years after cancer treatment is over. As a member of the LIVESTRONG Survivorship Center of Excellence Network, we're part of a nationwide effort to help survivors and their healthcare team understand and manage the medical and psychosocial effects of having cancer and receiving treatment. PH #206-667-2814</p>
 <p>www.firstdescents.org</p>	<p>Live Strong Foundation improves the lives of people affected by cancer, now. We provide direct services, we connect people and communities with the services they need, and we call for state, national and world leaders to help fight this disease. PH #855-220-7777</p>
 <p>www.seattlecca.org</p>	<p>Seattle Cancer Care Alliance (SCCA) Survivorship Clinic offers expert assistance to those transitioning from active treatment to day-to-day living as a cancer survivor. Regardless of whether you were treated for cancer at SCCA or at another medical facility, you can meet with our providers and receive a Survivorship Care Plan, which contains resources and support information particular to your needs.</p>
 <p>www.cancer.org</p>	<p>National Cancer Survivorship Resource Center (The Survivorship Center) is a collaboration between the American Cancer Society and the George Washington University Cancer Institute funded by a 5-year cooperative agreement from the Centers for Disease Control and Prevention.</p>
 <p>www.projectkoru.org</p>	<p>Project Koru enriches lives through community and the outdoors as a way to move forward after cancer. Our programs are designed to inspire human connection that encourages personal growth and healing. PH #904-441-0495</p>