Information and resources for employees touched by cancer

Sharing the News
Deciding whether to share your diagnosis is personal.

WHO TO TELL
Your boss? Your coworkers? Human resources? The answer depends on you and your work environment. http://goo.gl/i4KEiA

WHAT TO TELL
What do you tell your boss or co-workers? Just the facts? Or what you’re feeling? Have a game plan. http://goo.gl/xS1J2A

HOW TO TELL
You’ve decided who and what to tell. The question now is how. http://goo.gl/26r2kB

Legal and Financial
What do you need to know about your rights and benefits?

CANCER, THE ADA & FMLA

A GUIDE TO INSURANCE
Here’s how to get the most from your insurance coverage. http://goo.gl/JFhioc
Getting Organized
Organization is key to a smooth transition. Download helpful charts and checklists to help you stay on task and minimize stress.
http://goo.gl/UEbfWT

Taking Action

**CREATING AN ACTION PLAN**  
A work plan can help restore your sense of control and ability to cope.  
http://goo.gl/1NQ2d7

**MANAGING SIDE EFFECTS**  
Cancer can drain you, but there are ways to bolster your inner reserves.  
http://goo.gl/RFdGL7

**RECASTING YOURSELF AFTER**  
You’re tired of focusing on your cancer. Here’s how to help others move on.  
http://goo.gl/JAq5uY

Help for Cancer Caregivers
Caring for a person with cancer while you’re working is challenging.  
http://goo.gl/WAWLyY

**CAREGIVER BURNOUT**  
Caregiver burnout is real. It can affect your health and wellbeing, and shouldn’t be ignored.  
http://goo.gl/09w0zc

**MAKING A PLAN**  
A Caregiving Plan can help you line up outside help ahead of time and reduce stress.  
http://goo.gl/yS78TH

**DISTANCE CAREGIVING**  
Helping from a distance can be difficult. But you can help.  
http://goo.gl/CSoLQh
Workplace Transitions for people touched by cancer is a collaboration of Anthem, Inc., Cancer and Careers, Pfizer, and U.S. Business Leadership Network (USBLN).