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/xSlJ2A

**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**
Learn about the Americans with Disabilities Act and Family Medical Leave Act.
http://goo.gl/wenCtv

**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 Elevance Health, Cancer and Careers, Pfizer, and U.S. Business Leadership Network (USBLN).