



*Cancer is a word that strikes fear in most people. Through CARES, our Cancer Awareness Resources and Support program, we work with our members to help them understand their illness and learn how to actively manage their own care.*



## The Quality Choice for Cancer Management

### Cancer Care is a Team Effort

We believe that the more a patient knows about their disease, the better they will be at making good treatment choices, along with the help of their healthcare providers. The CARES program is designed to help educate our members who are diagnosed with cancer, and to support them through their treatment.

### How We Can Help

Our care managers are registered nurses who work with members one-on-one to:

- Get ready for doctor visits
- Communicate better with doctors
- Take an active role in their care and treatment
- Answer any questions that may come up during treatment

### Putting Our Members in Control

As a part of the teaching process, our care managers stress the importance of:

- Checking body temperature
- Drinking enough fluids
- Tracking weight
- Eating high-protein foods
- Eating regularly
- Getting enough exercise to build red blood cells

QCARE, our personal health and wellness management program, offers support and learning tools for QualChoice members. This keeps our healthiest members healthy and gives those with chronic illness the special attention they need. QCARE is led by a team of health experts including a staff of registered nurses (RNs) and a Medical Director. To learn more and to view a list of QCARE programs, visit [QualChoice.com](http://QualChoice.com); select Already a Member?, then QCARE Program. NOTE: Programs vary by group and benefit plan. Check with your benefits administrator.

### Breast Cancer Screening\*



All women age 50 and older should get a mammogram at least once every 2 years. Some should start getting mammograms or breast cancer screenings at age 40. Discuss breast cancer screening with your PCP to decide when you should start having mammograms, and how often.

\*Annual screenings (CPT code 77067) is a service covered by the QualChoice Preventive Health Benefit for women at least 40 years old.

### Our Goal

Many big life changes take place when a doctor tells someone they have cancer. These changes can touch family and friends. The goal of our CARES program is to provide high quality, helpful services to our members with cancer and their families.

We strive to help our members follow their treatment plans, to lessen side effects, and to help them care for themselves.

**To learn more about our QCARE programs, call 501.228.7111 or 800.235.7111 or visit [QualChoice.com](http://QualChoice.com).**

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