



Naviance
Cancer Navigation,
Prevention & Support

from
**Johns Hopkins
Medicine**

The Naviance™ difference.

The Financial Advantages of Our Compassionate
Cancer Navigation and Support Program

Work with Naviance to support your workforce.

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High-Quality Navigation Impacts Your Employees' Well-Being—and Your Bottom Line

**\$200
BILLION**

The annual
direct costs of
cancer care¹

82%

The percentage of health
care premiums that
employers cover²

Naviance addresses treatment costs head on – offering an expert Oncology Nurse Navigator who provides high-quality navigation and support during treatment, helping your employees navigate to second opinion services and personalized clinical resources.

Johns Hopkins Oncology Nurse Navigators – the heart of the program – are clinically trained nurses who help your employees maintain a high quality of life through:

Working through
treatment to **minimize
absenteeism**

Finding a second
opinion to get the
right treatment
faster

Accessing **high-quality,
in-network** care at
designated Centers
of Excellence

Accessing **employer,
legal and financial
benefits** to cope with
life's stressors

Providing **emotional
support** to cope with
the stress of diagnosis
and treatment

Coaching on nutrition
and activity for **overall
health** and cancer
prevention

Advising managers
how to support
employees on their
cancer journey

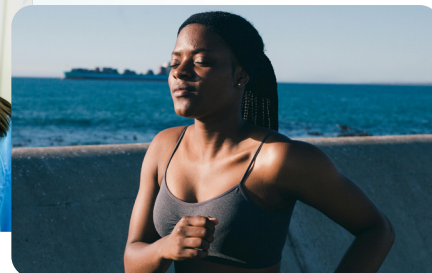
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Risk Reduction is a Starting Place for Everyone to Live a Healthier Life



30-50%

of cancer cases are preventable³



\$26 BILLION

The amount that could be saved annually by implementing early cancer screenings for employees⁶

62%

of the population is not up to date on colon cancer screenings⁴

24%

are not up to date on breast cancer screenings⁵

20%

are not up to date on cervical cancer screenings⁵

Naviance educates your entire workforce about the importance of, and strategies for, prevention, helping reduce the risk of serious illness for your employees and decreases days lost to illness or injury.

We integrate with your existing health and wellness programs. Johns Hopkins Oncology Nurse Navigators take a holistic approach to health and well-being and offer personalized risk reduction strategies to your employees and their loved ones, directing them to utilize the benefits you already offer.

Help Survivors Get Back to Their Life (and Work) Quicker

Cancer survivors who use support and navigation services are more likely to keep working during treatment and return to work after treatment ends.⁸

Support doesn't end after treatment. Naviance Nurse Navigators have years of experience in clinical care and understanding employee benefits to help employees transition smoothly into survivorship.

Naviance can reduce the amount of money lost to chronic illness and injury by helping employees use their benefits, stay active at work and return to their prediagnosis schedule quicker.

18 MILLION

The number of cancer survivors in the U.S. who are living with, through and beyond their disease⁷

Did you know?

Cancer survivors are 1.5x more likely to be unemployed because they don't get the long-term support they need.⁸

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Reduce Lost Productivity Costs by Supporting the Caregivers in Your Workforce, Too



Naviance helps your employees be better caregivers and better care for themselves:



Practice speaking to managers and co-workers about flexible work schedules



Emotional and mental health support



Help understanding medical terminology

Why Naviance?

Naviance helps guide and support your employees and managers throughout every step of the cancer journey – from prevention and risk reduction, diagnosis and treatment, caregiving, survivorship or end-of-life care.

Sources

- 1 Based on Medicare Data; Mariotto et al. (2020) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9514601/>
- 2 NGBH <https://www.businessgrouphealth.org/resources/2023-large-employers-health-care-strategy-survey-intro>
- 3 WHO <https://www.who.int/activities/preventing-cancer>
- 4 AACR : <https://www.aacr.org/patients-caregivers/about-cancer/cancer-prevention/>
- 5 CDC <https://www.cdc.gov/cancer/dpcp/data/index.htm>
- 6 Kakushadze et al. (2017) <https://www.mdpi.com/2306-5729/2/3/30>
- 7 AACR <https://www.aacr.org/patients-caregivers/about-cancer/cancer-prevention/>
- 8 Walcott-Sapp et al., 2018 <https://www.sciencedirect.com/science/article/abs/pii/S0002961017316690?via%3Dihub>
- 9 Caregiving.org <https://www.caregiving.org/research/caregiving-in-the-us/caregiving-in-the-us-2020/>

4.5 YEARS

The average length of time someone is a caregiver to a loved one with cancer.⁹

Did you know?

1 in 5 Americans are caregivers and more than 80% of them are working age.⁹

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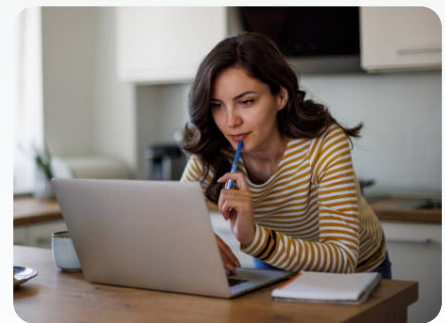
Naviance in Action: Our Unique Approach to Supporting Your Employees Pays Off



Three real Naviance participants share how their Nurse Navigator provided emotional encouragement and helped them through their cancer journey to improve their overall quality of life.

Faster Access to Care through Expert Clinical Navigation

Shelly works at a law firm in town, and was referred to a local radiology facility after her annual mammogram showed a suspicious mass. The facility scheduled the biopsy for five days later, but Shelly's friend recommended a National Cancer Institute (NCI)-designated cancer center instead. Shelly canceled her original appointment and contacted the cancer center, but they couldn't see her for three weeks.



Naviance Approach

Concerned about the long wait, Shelly contacted a Naviance Nurse Navigator for advice. The Nurse Navigator reviewed Shelly's radiology report, expressed concern about the mass in her breast and recommended Shelly try to reschedule her biopsy sooner with the original radiology facility.

The Nurse Navigator researched the original facility and found it was accredited, performed a high volume of these procedures and assured her that she would receive quality care at that location. Shelly called the original facility and her biopsy was rescheduled for the next day.

The biopsy did reveal a high-grade breast cancer. With those results, the NCI-designated cancer center arranged for Shelly to be seen sooner so she could begin treatment.

Opportunity Savings

The Naviance Nurse Navigator moved quickly to review Shelly's radiology report, help her get an earlier appointment and answer questions about the entire diagnostic process. Thanks to the support and guidance she received, Shelly was more focused at work and her quick diagnosis and treatment meant a better chance of a good result from surgery.

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Guiding a Breast Cancer Patient to Effective Care



Abby is in her late 40s and works in retail. After a breast cancer diagnosis, she discussed treatment options with her provider at a local oncology practice who recommended chemotherapy. However, Abby left the appointment with more questions about what to expect.



Naviance Approach

Abby wanted to learn more about chemotherapy and called a Naviance Nurse Navigator, who reviewed her medical records. The records showed the pathology and the Oncotype, a score that reveals the best way to treat a breast cancer.

Abby's Oncotype score was 2, indicating a low risk of recurrence. The Nurse Navigator asked Abby if she would be willing to seek a second opinion at an NCI-designated cancer center, instead of immediately choosing chemotherapy. Abby agreed and asked the Nurse Navigator to sit in on the consult as her care partner, which the Medical Oncologist agreed to.

The Oncologist confirmed that with such a low Oncotype score, the best course of treatment was hormonal therapy as opposed to chemotherapy. Abby started her hormonal therapy pill soon after, which is given for five years.

Opportunity Savings

With encouragement from the Nurse Navigator, Abby ultimately avoided costly and risky chemotherapy. Hormonal therapy is up to 47x less¹⁰ expensive, with fewer side effects and reduces the number of days that Abby is out of the office. She won't have to worry about missing work due to treatment and her employer will benefit from the reduced costs associated with short-term or long-term disability claims.

Sources

¹⁰ <https://www.healthcentral.com/condition/breast-cancer/cost-of-breast-cancer-treatment>

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Risk Reduction Education Leads to Early Detection



A Naviance Nurse Navigator gave a presentation about the importance of cancer screenings and healthy lifestyles to a group of law firm employees. Her presentation included information about a lowdose CT scan for lung cancer screening, including the eligibility options for that procedure and how to schedule a screening with a provider.



Naviance Approach

Pete, a current smoker, was in the audience. After the presentation, he called the Nurse Navigator to discuss his eligibility for the screening and to ask what to expect from the screening process.

Based on his history as a smoker, he was eligible. Pete's insurance also agreed to cover the cost of the CT scan. The results showed a small area of lung cancer. Soon after, Pete had surgery to remove the cancer and thankfully, no further treatment was required.

Opportunity Savings

Had the Nurse Navigator not focused on education for all employees (not just those with a current cancer diagnosis), Pete may not have had a cancer screening until much later. More serious treatment would have been required, costs would have been higher and Pete's health would have been in danger.

The early screening also resulted in a significant cost savings to Pete's insurance company. Additionally, the law firm avoided lost productivity and days missed in the office due to treatments and recovery time associated with a more serious cancer diagnosis.

*All names have been altered to maintain confidentiality.

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