

Managing Cancer at Work

YOUR GATEWAY TO:

Information

Prevention

Treatment

Support

WHAT IS WORK STRIDE?

Education & Support—that's the essence of the Johns Hopkins Work Stride: Managing Cancer at Work free employee benefit program, a web-based resource for employees and their managers.

BE INFORMED:

- Risk factors, diagnoses and treatments of various cancers
- Early warning signs of cancer
- Benefits of regular cancer screenings

BE SUPPORTED & SUPPORTIVE:

- Talking to your manager about your diagnosis
- Talking to others about your—or their—condition
- Understanding your cancer-related health plan benefits
- Working during treatment
- Managing your work when you are caring for a loved one with cancer
- Understanding government entitlements available to cancer patients

**Johns Hopkins faculty created
Work Stride to support
working cancer patients.**



MAKING THE PROGRAM WORK FOR YOU

You can access Work Stride from your computer, tablet or smartphone. Resources include:

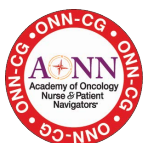
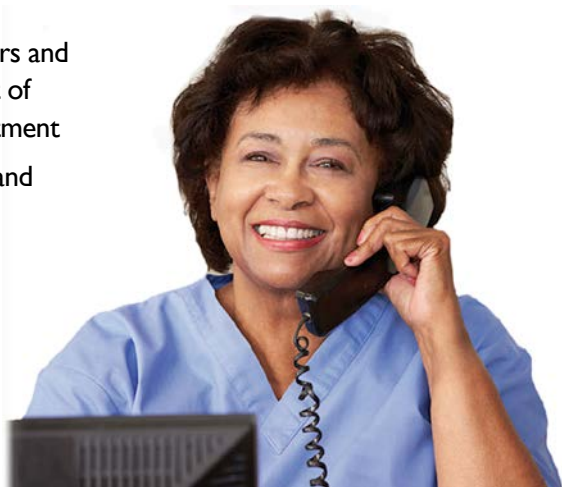
- Cancer screening tools
- Educational and informational articles
- Short videos
- Printable tip sheets



NURSE NAVIGATOR

A Johns Hopkins oncology nurse is just a phone call, email, video or text message away to help you navigate the work-related, financial and emotional aspects of dealing with a cancer diagnosis and its treatment.

- Guides employees with a cancer diagnosis to the right care, at the right place, at the right time
- Advises employees on how to make the most of the program's tools and resources
- Educates and trains managers and caregivers about the impact of a cancer diagnosis and treatment
- Helps establish prevention and survivorship planning



All WorkStride workplace oncology nurse navigators are certified by the Academy of Oncology Nurse & Patient Navigators.

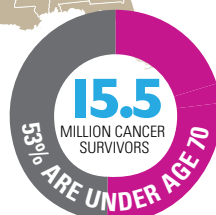
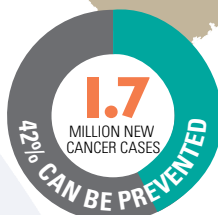
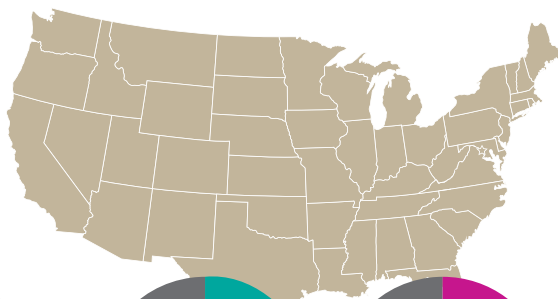


U.S. CANCER FACTS 2018

**For 1 in 2 Men
and 1 in 3 Women**
LIFE-THREATENING CANCER
IS IN THE FUTURE.

609,640

ESTIMATED CANCER DEATHS



Cancer will likely touch all of us at some point in our lives, and we will have to deal with its physical, emotional, financial and spiritual effects.

- 856,370 — number of males newly diagnosed
- 878,980 — number of females newly diagnosed

Many cancers can be prevented through behavior change.

- 18% — newly diagnosed cancers related to obesity, lack of exercise, excess alcohol use, or poor nutrition
- 19% — cancer deaths related to cigarette smoking
- 26% — drop in rate of cancer-related deaths (from 1991) due to early detection, early treatment, and smoking cessation

SOURCES: JOHNS HOPKINS HEALTHCARE SOLUTIONS (JOHNSHOPKINSHEALTHCARESOLUTIONS.COM)
MAKING IT WORK, MACMILLAN CANCER SUPPORT ([HTTP://WWW.JOHNSHOPKINSOLUTIONS.COM/VP-CONTENT/UPLOADS/2016/05/MAKINGITWORKPOLICYPAGE.PDF](http://WWW.JOHNSHOPKINSOLUTIONS.COM/VP-CONTENT/UPLOADS/2016/05/MAKINGITWORKPOLICYPAGE.PDF))
AMERICAN CANCER SOCIETY, FACTS AND FIGURES, 2018 ([HTTPS://WWW.CANCER.ORG/CONTENT/DAM/CANCER-ORG/RESEARCH/CANCER-FACTS-AND-STATISTICS/ANNUAL-CANCER-FACTS-AND-FIGURES/2018/CANCER-FACTS-AND-FIGURES-2018.PDF](https://WWW.CANCER.ORG/CONTENT/DAM/CANCER-ORG/RESEARCH/CANCER-FACTS-AND-STATISTICS/ANNUAL-CANCER-FACTS-AND-FIGURES/2018/CANCER-FACTS-AND-FIGURES-2018.PDF))
CANCERCARE, PATIENT ACCESS AND ENGAGEMENT REPORT, 2016 ([HTTPS://MEDIA.CANCERCARE.ORG/ACCESSENGAGEMENTREPORT/FINAL-CANCERCARE-CAPER-10MAY2016-HSP.PDF](https://MEDIA.CANCERCARE.ORG/ACCESSENGAGEMENTREPORT/FINAL-CANCERCARE-CAPER-10MAY2016-HSP.PDF))

