

# Who's who in cancer care: The experts who guide the journey

A cancer diagnosis can be overwhelming, but if you or an eligible dependent faces this challenge, you have access to a dedicated team of top cancer specialists at renowned cancer centers. This team will guide you through every step of your cancer journey with personalized, comprehensive care.

## Your team of cancer care experts may include:

- **Medical oncologists:** This doctor is the leader of your team, specializing in diagnosing and treating cancer with medications like chemotherapy, immunotherapy, or hormone therapy. They're critical in crafting your treatment strategy, coordinating with other specialists, and monitoring your journey. They're your primary source for answers regarding your diagnosis and treatment.
- **Surgical oncologists:** If surgery is part of your treatment plan, a surgical oncologist steps in. This surgeon specializes in removing cancerous tumors and surrounding tissues. They're skilled in performing surgeries that target specific types of cancer, making sure to remove the cancer while preserving as much healthy tissue as possible.
- **Radiation oncologists:** This expert uses radiation therapy to target and destroy cancer cells, often working alongside medical and surgical oncologists to create a comprehensive treatment plan.
- **Oncology nurses:** These compassionate caregivers are your frontline support, administering treatments, managing side effects, and providing emotional support throughout your journey.



## Carrum Health members enjoy:



### Better care

Carrum Health partners with top cancer centers nationwide to deliver exceptional outcomes and compassionate care.



### No surprise bills

When you receive cancer care through Carrum Health – most or all costs are covered.\*



### Dedicated support

You'll receive personalized support from American Cancer Society-trained navigators and oncology-trained nurses.

## Ready to get started?

Visit: [cancercare.carrumhealth.com](https://cancercare.carrumhealth.com)

Call: **888-855-7806**





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- **Oncology nurse navigators:** These superheroes of the care team are often your go-to for any questions, needs, barriers, or concerns. They work hand in hand with your clinical care team (e.g., oncologists, oncology nurses) to make sure your care is coordinated and you receive the care you need when you need it.
- **Dietitians:** Nutrition plays a crucial role in cancer treatment and recovery. A dietitian specialized in oncology can help you manage your diet to support your health during treatment. They provide personalized nutrition advice, helping you cope with side effects that may affect your appetite and dietary needs.
- **Therapists:** A therapist familiar with the emotional challenges of cancer can be an invaluable part of your team. They offer a safe space to express your fears, frustrations, and feelings. A therapist can help you develop coping strategies, support your mental health, and guide you through the emotional ups and downs of your cancer journey.
- **Social workers:** These experts are trained to help patients and families deal with the emotional and practical challenges posed by cancer. They provide counseling for emotional support, help navigate healthcare systems, and connect patients with community resources and support groups. Social workers can also assist with practical issues like transportation, home care, and managing work or school during treatment.
- **Support groups:** Support groups offer a space for patients and their families to share experiences, offer advice, and provide emotional support to one another. These groups can be cancer-specific, focusing on particular types of cancer, or they may address broader issues like survivorship or caregiving. Being part of a community that understands what you're going through can be incredibly reassuring.
- **Carrum Health care navigators:** Your dedicated Carrum care navigator is your first step to helping you navigate the healthcare system. They will connect you to the cancer center that best fits your specific cancer type, provide educational resources, and coordinate any travel arrangements, if needed. Think of them as your personal guide through the complexities of cancer care.

\*With the exception of second opinions, individuals enrolled in a high-deductible plan must first meet their deductible, but oftentimes copays and coinsurance will be waived. Second opinions are typically provided at no cost to members and do not require payment of any deductible. Per IRS rules, a portion of any covered travel expenses will be reported as taxable income to the covered member.

The information contained in this email is for informational purposes only. No material is intended to be a substitute for professional medical advice, diagnosis or treatment.

Your cancer care team is made up of dedicated professionals united in their goal to provide you with the highest standard of care. Each member plays an essential role in your treatment and recovery, blending their expertise with support and empathy.

It's important to remember that you are not navigating this journey alone. With a specialized team at your side, you or your loved one will be well-supported throughout your cancer journey.

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