

PART 2 · FOR PATIENTS, SURVIVORS & CAREGIVERS

You don't have to face it alone.

A diagnosis touches every part of life. Whether you're facing it yourself or supporting someone you love, your benefits and these trusted resources are here for you.

You're not alone: there are about 4 million breast cancer survivors in the U.S. today.

Medical plan & access to care

- Covers care from diagnosis through treatment — specialists, imaging, surgery, chemo, radiation, and prescriptions, per your plan terms.
- In-network care costs less, and your out-of-pocket max caps what you pay for covered in-network care each plan year.
- Ask about case management or second-opinion programs.
- Prior authorization stalled or claim denied? Apex gets involved.

Cancer & critical illness insurance

- If you're enrolled, these voluntary policies can pay cash directly to you after a covered diagnosis.
- Use it however you need — deductibles, travel, childcare, or everyday bills.
- Many also pay a screening benefit for tests like mammograms — check yours.
- Filing a claim? Apex can help you gather what you need.

Employee Assistance Program (EAP)

- Free, confidential short-term counseling for stress, anxiety, or grief — for patients and caregivers alike.
- Many EAPs extend support to household members and offer legal, financial, and caregiving referrals.
- Find your EAP phone number in your benefits guide, or ask HR.

Behavioral health support

- Your medical plan covers mental health care, including therapy and psychiatry; many plans offer virtual visits.
- It's normal to feel overwhelmed during and after treatment — reaching out early helps.
- In crisis or struggling? Call or text 988 — free, confidential, 24/7.

Trusted resources for patients, survivors & caregivers

FREE · CONFIDENTIAL · NATIONAL

American Cancer Society
1-800-227-2345 · cancer.org
Cancer information, programs, and local resources.

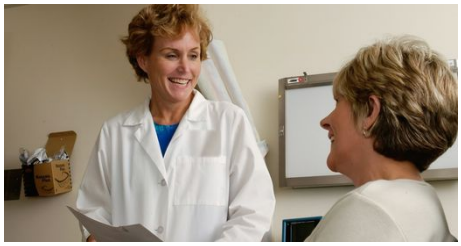
Cancer Support Community
Helpline: 888-793-9355
Free, personalized navigation by phone and online.

Living Beyond Breast Cancer
lbbc.org/helpline
Peer support from trained volunteers who've had breast cancer.

Breastcancer.org Community
breastcancer.org
Discussion forums and weekly virtual support groups.

National Breast Cancer Foundation
nationalbreastcancer.org
Free breast health guides and support resources.

988 Suicide & Crisis Lifeline
Call or text 988 · 988lifeline.org
Free, confidential emotional support, 24/7/365.



Supporting a coworker or loved one?

- Check in and ask how they're doing — then listen.
- Respect their privacy. For some, October's pink reminders are hard.
- Offer specific help: a meal, a ride to treatment, or covering a task.
- Caregivers need support, too — your EAP is there for you.

Sources: Breastcancer.org (U.S. survivor statistics citing the American Cancer Society; Breast Cancer Awareness Month); HealthCare.gov (out-of-pocket maximum); Cancer Support Community; Living Beyond Breast Cancer; 988 Suicide & Crisis Lifeline; American Cancer Society; National Breast Cancer Foundation. Photos: Unsplash (Jametlene Reskp; National Cancer Institute). Benefits vary by plan, carrier, and policy — see your plan documents or HR. Educational only — not medical, legal, or financial advice.