



# Cancer Support Whenever You Need It

Living with cancer can be difficult in many ways. Sidekick's free 15-week cancer program is designed to make your daily life a little easier.



Build new habits to support your body's needs



Start with the topics that matter most to you



Gain confidence to ask questions and set boundaries

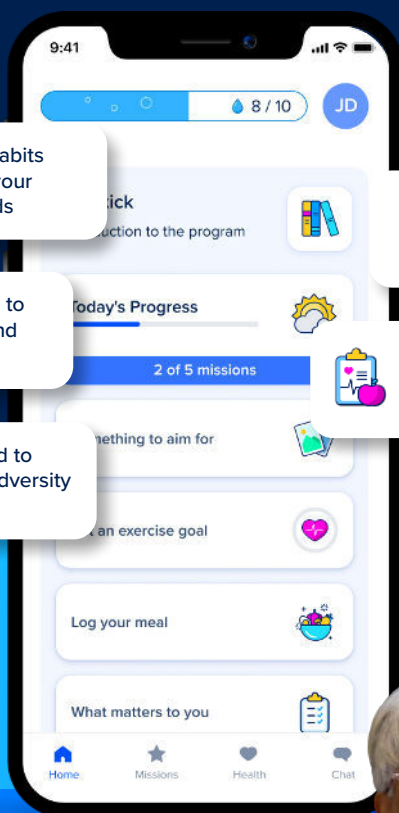


Learn about treatment, symptoms, and body changes



Find your road to coping with adversity and stress

Download Sidekick and start the program today



Free to use

Built by doctors

Developed with patients

# Based on behavioral science.

# Built for you.



Learn what's happening in your body and why during this difficult time



Work with your appetite to prioritize nutritious foods



Understand your fatigue to better prioritize tasks, maximizing the energy you do have



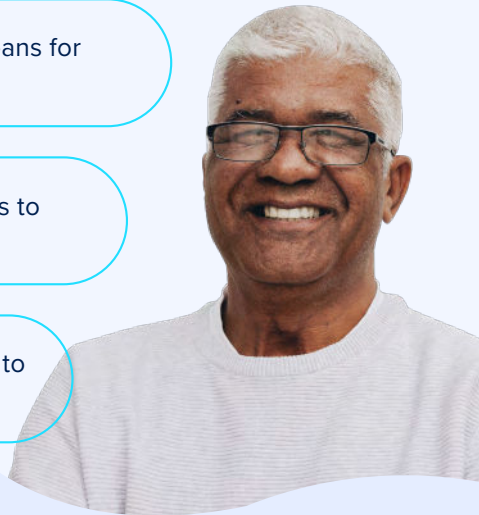
Learn what your new body means for intimate relationships



Build sustainable sleep habits to support your body clock



New tips, tricks, and info daily to help keep you motivated



Get started today and discover what Sidekick can do for you.



Scan the QR code with your smartphone to download the app.

You can also visit: <https://get.sidekick.health/cancer-support-pf>

Once the app has been downloaded on your smartphone, open it and you will be taken directly to your program.

If you are asked for an access code, enter the: **cancer-support-pf**