



Workplace  
Transitions  
**For Employees**

# Information and resources for employees touched by cancer



## Sharing the News

Deciding whether to share your diagnosis is personal.

### **WHO TO TELL**

Your boss? Your coworkers? Human resources? The answer depends on you and your work environment.

<http://goo.gl/i4KEiA>

### **WHAT TO TELL**

What do you tell your boss or co-workers? Just the facts? Or what you're feeling? Have a game plan.

<http://goo.gl/xSIJ2A>

### **HOW TO TELL**

You've decided who and what to tell. The question now is how. <http://goo.gl/26r2kB>



## Legal and Financial

What do you need to know about your rights and benefits?

### **CANCER, THE ADA & FMLA**

Learn about the Americans with Disabilities Act and Family Medical Leave Act.

<http://goo.gl/wenCtv>

### **A GUIDE TO INSURANCE**

Here's how to get the most from your insurance coverage.

<http://goo.gl/JFhioc>



## Getting Organized

Organization is key to a smooth transition. Download helpful charts and checklists to help you stay on task and minimize stress.

<http://goo.gl/UEbfWT>

## Taking Action

### **CREATING AN ACTION PLAN**

A work plan can help restore your sense of control and ability to cope.

<http://goo.gl/1NQ2d7>

### **MANAGING SIDE EFFECTS**

Cancer can drain you, but there are ways to bolster your inner reserves.

<http://goo.gl/RFdGL7>

### **RECASTING YOURSELF AFTER**

You're tired of focusing on your cancer. Here's how to help others move on.

<http://goo.gl/JAq5uY>

## Help for Cancer Caregivers

Caring for a person with cancer while you're working is challenging.

<http://goo.gl/WAWLyY>

### **CAREGIVER BURNOUT**

Caregiver burnout is real. It can affect your health and wellbeing, and shouldn't be ignored. <http://goo.gl/09w0zc>

### **MAKING A PLAN**

A Caregiving Plan can help you line up outside help ahead of time and reduce stress.

<http://goo.gl/yS78TH>

### **DISTANCE CAREGIVING**

Helping from a distance can be difficult. But you can help.

<http://goo.gl/CSoLQh>



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### **for people touched by cancer**

is a collaboration of Anthem, Inc.,  
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