

Tailored Cancer Recovery Support

from the comfort of home

Key themes addressed in the program:

Treatments such as chemotherapy and radiation therapy can take a toll on your day-to-day life, and affect your physical and mental health. Spectrum.Life's Cancer Support Program can guide you through this journey and help you maintain your physical and mental wellbeing.

Working with your care team, our experts will create a personalised plan with guidance on exercise, nutrition, and strategies for managing the psychological impact of your treatment. This program may be provided as part of your Private Health Insurer hospital benefits, and is delivered virtually from the comfort of your own home.



What areas can the Cancer Support

1. Managing symptoms and side effects

Throughout the program, an oncology nurse will help monitor your side effects, connect you to local services, and provide personalised education.

3. Exercise as medicine

Following best practice guidelines, our exercise professionals create personalised programs to safely boost strength, endurance, and energy during and after treatment.

2. Navigating nutrition and diet

Our experienced, cancer focused dietitians work with you to overcome nutritional challenges such as decreased appetite, nausea and changes in taste.

4. Improving your emotional wellness

Our expert oncology psychologists offer support to provide you with practical tools and strategies to assist you and your carers.

Phone:

1300 561 020

Email:

contact@spectrum.life



Is the Cancer Support Program right for me?

Spectrum.Life's Cancer Support Program is here to support you on your journey through cancer diagnosis, treatment, and beyond. Our program is designed to help you:

- **Access expert guidance** in key recovery areas, including exercise, nutrition, and mental health
- **Understand your cancer and treatment**, so you can make informed decisions
- **Navigate your care with confidence**, knowing you're supported every step of the way
- **Enjoy the flexibility of virtual tools**, so you can receive support at your convenience

By joining the program, you'll have the support you need to get back to the activities you enjoy, and it is provided at no additional cost to you.

Anne's Journey - From Overwhelmed to Reconnected

When Anne was diagnosed with breast cancer, she was overwhelmed - not just by the diagnosis, but by how quickly her treatment left her feeling drained and disconnected. Activities that once brought her joy, like riding her bike and playing the violin, had become exhausting and painful.

Through Spectrum.Life's Cancer Support Program, Anne was paired with a dedicated nursing care coordinator who offered personalised education and guidance. She worked with an exercise physiologist to rebuild her strength and a dietitian to support her nutrition, each step tailored to help her feel more like herself again.

After completing the program, she wasn't just feeling stronger - she was back on her bike, playing her violin, and reconnecting with the pieces of her life that meant the most.

Accessing the Cancer Support Program

The first step is speaking with one of our oncology care coordinators using the contact details below, who will work with you to build the best supportive care plan based on your own needs and circumstances.

Phone:

1300 561 020

Email:

contact@spectrum.life

