canplan

Helping you bring out your inner doctor

HOW IT WORKS

About

WHAT IS CANPLAN?

CanPlan is a one-of-a-kind planner designed specifically for cancer patients and their caregivers. It provides daily reminders, guidelines for positive living, and methods for monitoring and tracking all of the details of your illness every step of the way. This isn't simply a planner. It's a roadmap to recovery, a book that will return control of your life back into your hands. Once you're sick, you know you'll need a hand. With CanPlan, you'll have one.

Features & Benefits

KEEP IT ALL IN ONE

No more clutter, no more mess. Keep everything related to your cancer in one place so you can show up to your appointments prepared & organized.

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Features & Benefits

SELF HEAL

Take control over your stress & be the expert about it. Stay ahead of everything to your cancer in a daily fabric & put all the information together at the end of the month to form connections about what's working & not working in your treatment plan.

2

Features & Benefits

THINK POSITIVE

Start each day off with a positive quote & engage in the interactive exercises that help you stay positive throughout your journey. Be inspired, stay determined & never give up hope.

3

Features & Benefits

TELL YOUR STORY

Section for self reflection & thoughts to help you stay in touch with your emotions all throughout your journey. Section for tracking your day-to-day journey with cancer & inspire others with your story.

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Features & Benefits

STAY FOCUSED

Set daily, monthly & yearly goals in order to stay on track with your treatment plan. Keep a detailed journal of exactly where you are in your treatment & where you need to go. Analyze your strategy & revise it if you feel stagnant in your progress.

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Features & Benefits

PLAN AHEAD

Figure out all your treatment options ahead of time & weigh out the pros & cons for each so you can choose the best option for your situation. Prepare an action plan if something doesn't go as expected so you'll find comfort in knowing you're still in the driver's seat.

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Features & Benefits

UTILIZE YOUR RESOURCES

Learn to find comfort in asking for help from your community & utilize all the free resources that are available to you. Find out what resources are – whether it's help with financials, transportation & housing or emotional support– & figure out how to meet those needs.

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Features & Benefits

BE PROACTIVE

Alarms (their wellness or emotional alarm from your doctor, family or caregiver) are ringing in your ear. Stay ahead of them by utilizing the powerful holistic remedies or mother nature. Optimize your body's full potential by feeding it the nutrients it needs & activating its fight sensors.

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Features & Benefits

BE PART OF A COMMUNITY

Every owner of a CanPlan belongs to a community of people who are tracking an effective plan of attack against cancer. Share your findings through CanPlan by using hashtag #CanPlanPerk & assist in helping other fighters with their journey.

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Learn More

You can plan to beat cancer

To learn more about CanPlan, purchase a CanPlan planner for yourself or a loved one, or make a donation, visit www.mycanplan.com.

VISIT