# **Livestrong Guidebook**

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#### **Livestrong Guidebook**

The Livestrong Guidebook helps survivors, loved ones and caregivers: Learn about cancer and treatment Find the best health care Find quality resources and support services Learn what questions to ask Make health and life planning decisions Understand insurance and financial issues Keep track of the ...

#### **Livestrong Guidebook | Livestrong**

The LIVESTRONG Guidebook is a companion for cancer survivors as they navigate the health care system from the time they are diagnosed, through treatment and beyond. This free two-volume set contains helpful information and journal spaces that help survivors address the physical, emotional and practical concerns they may have during the cancer journey.

#### Livestrong. Guidebook, Planner and Journal: Amazon.com: Books

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#### **LIVESTRONG Digital Guidebook**

The LIVESTRONG Guidebook is organized as follows: - Just Diagnosed - During Treatment - After Treatment - Healthy Living - Advanced Cancer - Additional Resources The LIVESTRONG Guidebook Planner and Journal help you organize and keep track of important information. There are suggestions for dealing with each phase of your cancer experience.

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## We Can Help | Livestrong

Livestrong unites, inspires and empowers people affected by cancer. We provide free cancer support services to anyone fighting cancer today.

## Livestrong

LIVESTRONG.COM offers diet, nutrition and fitness tips for a healthier lifestyle. Achieve your health goals with LIVESTRONG.COM's practical food and fitness tools, expert resources and an engaged community.

# Simple Healthy Living | Livestrong.com

The LIVESTRONG Guidebook addresses specific concerns that cancer survivors, loved ones, and caregivers may have during each phase of the cancer journey. It helps survivors navigate the health care system to find reliable resources and the best care for their situation.

## LIVESTRONG Guidebook for people affected by cancer ...

LIVESTRONG's Webby-Award winning MyPlate App is the fastest and easiest way to lose weight and improve your health! Join millions who have lost weight with MyPlate - the most user-friendly way to track your food and exercise on your Android, iPhone, iPad, and Apple Watch. MyPlate makes tracking calories and getting the proper nutrition easy.

## MyPlate Calorie Counter | Livestrong.com

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## Livestrong LS10.0T Manuals and User Guides, Treadmill ...

LIVESTRONG offers trusted health information and health news on diseases, symptoms, drugs, treatments and more. Get healthy with LIVESTRONG's articles and videos on diet, nutrition, fitness, weight loss and other health concerns. LIVESTRONG's active community can help you stay healthy and live a balanced daily lifestyle. Visit LIVESTRONG as your one-stop resource for all your health needs.

## Sign-in | LIVESTRONG.COM

1) The Guidebook was designed to be an easy-to-read resource for adults (ages 15 and over) during their cancer experience. 2) There are two parts of the LIVESTRONG Guidebook. The information book and the Planner and Journal. Any information you submit will remain anonymous and we will respect your privacy.

## **LIVESTRONG™** Guidebook Survey

Improve your health, lifestyle, diet & nutrition with nutrition news, facts, tips, & other information. Educate yourself about nutrition & help yourself and others live a more heal...

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Livestrong provides free one-on-one support for patients, caregivers and survivors to help navigate the practical, emotional, employment and financial challenges that come with cancer. We compliment this with the Livestrong Guidebook and online resources at Livestrong.org/WeCanHelp.

The Livestrong Foundation - GuideStar Profile
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