



Cancer Guidance and Support

If you or one of your dependents is diagnosed with cancer, or if test results suggest that you may have cancer, we are here to help you get the best care possible.

Expert Cancer Guidance with Carrum Health for CareFirst Members

Connect with top cancer specialists in the country for a second opinion on your cancer diagnosis or treatment plan — at no cost to you.

If you need treatment for any type of cancer, you will have:

- A care coordinator who helps with all the planning and paperwork so you can focus on your health
- Referrals to the best-quality cancer program for your surgery or treatment, which may include fully covered travel arrangements for you and a companion
- Follow-up support for up to two years

Register for an account at info.carrumhealth.com/Nestle or speak to a Carrum Health Specialist at **1-888-855-7806**.

Mental Wellbeing Support with Spring Health

Keeping an eye on your mental health during this time is important. That is why Nestlé offers a Mental Wellbeing Support benefit through Spring Health. With Spring Health, you and your eligible household members have access to mental health care — confidential and at no cost to you.

Get up to six free therapy sessions per year for you and every member of your household (ages 6+). See a therapist in an average of two days. Mental Wellbeing Support also includes dedicated support from licensed professionals to guide you on your journey.

You also get up to six free coaching sessions per year for eligible members (ages 13+). This coaching benefit provides a broader, more proactive approach to the overall health and wellbeing of employees and their families. Coaching provides a goal-oriented supplement to traditional therapy, focusing on personal development, health and wellness, and parenting.

Visit Healthworksatnestle.com > [Spring Health](#).

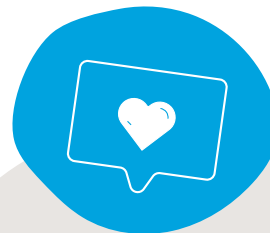


Get more details by visiting
Healthworksatnestle.com >
Cancer Guidance

Nutritional Support with Nestlé Products

Nutrition can also impact your ability to stay strong during this time. Managing your nutrition with the help of your health care providers can help prevent malnutrition, reduce adverse reactions to cancer treatments and avoid treatment interruption. For nutrition-related resources for those undergoing cancer treatment, visit [Homepage | My Cancer My Nutrition](#).

Nestlé Health Science offers an online store featuring specialized nutrition products to support health and specific dietary needs. This includes BOOST, ImpactAR, Resource and more. Visit the [Nestlé Health Science Nutrition Store](#) and enter NNEMP20P at checkout to receive the 20% Nestlé employee discount.



#WorkingWithCancer Pledge

We are committed to encouraging a safe and positive environment for employees with cancer.

