



Cancer – Prevent, Educate, and Support

April is Daffodil Month. The daffodil is a sunny symbol that serves as a meaningful reminder for us to come together and look ahead to brighter days. The daffodil survives the harsh winter and every spring these resilient flowers are there ready to bloom. This symbolizes rebirth and new beginnings. To those affected by cancer, the daffodil represents hope.

Every spring, the Daffodil Campaign rallies to make a difference, support, and remember those affected by cancer. With nearly **1 in 2** people diagnosed in their lifetime, almost all of us are impacted in some way. Studies show that about **4 in 10** cancer cases can be prevented through healthy living and that you can reduce your risk by making simple changes.

This month's theme will provide you with resources on prevention and screening along with resources for those who are living with cancer or have been affected by it.

We encourage you to check out It's My Life! an interactive, evidence-based tool. It teaches you how 16 factors affect your risk of getting cancer and how you can reduce your risk by making simple changes.

- [It's My Life!](#)

The following resources are also available to help:

- [Prevent and Find Cancer Early](#)
- [Your Screening Game Plan](#)
- [Self-Care for the Caregiver](#)
- [How you can support a friend or coworker living with cancer](#)
- [Talking to Children About Cancer](#)
- Free Wellness Coaching is available to help you reach your wellness goals. Learn more [here](#).

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider.

Access your EFAP 24/7 by phone, web or mobile app:

Canada:

- Call 1-877-847-4525
- Email support@resourcesforyourlife.com
- Visit <http://ca.resourcesforyourlife.com>
COMPANY CODE: BMWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play
PASSCODE: 149301

United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit www.AlternativesEAP.com
- Download the 'Alternative EAP' app from the App Store or Google Play