



CANCER ORIENTED PERSONALIZED
EATING & EMOTIONAL SUPPORT



INTRODUCING COPESTM™

24/7 CANCER NUTRITION & WELLNESS SUPPORT

From diagnosis to recovery, cancer presents physical and emotional challenges throughout the journey. We are excited to offer **COPESTM™** – a personalized, virtual program offering expert nutritional and lifestyle support anytime and anywhere you need it.

Available through our mobile app or online website, **COPESTM™** is intended to supplement your oncologist's treatment plan.

VIRTUAL APPOINTMENTS & CLASSES

Schedule live, 1:1 sessions with our oncology-certified nutrition specialists. You may also join live nutrition, emotional wellness and physical fitness classes.

LIVE 24/7 MESSAGING WITH EXPERTS

Connect with nutrition and lifestyle experts via private messaging 24/7 at your convenience to discuss your questions and concerns.

SYMPTOM-TAILORED RECIPES & MEAL PLANS

Find recipes and meal plans personalized to your specific symptoms, dietary needs and preferences.

WELLNESS & ACTIVITY TRACKING

Monitor your food diary, caloric consumption, weight, activity level and other health parameters while tracking your progress.

ON-DEMAND MEDIA LIBRARY

Browse our extensive informational resources library of articles and videos on a wide variety of nutrition, lifestyle and fitness topics.

COPESTM™ ONLINE STORE

Easy access to purchase nutrition and wellness products and services for added support.

NOW MORE THAN EVER

NUTRITION IS AN ESSENTIAL PART OF YOUR DAILY LIFE

Taking time to focus on nutrition is important to every cancer journey.

Expert, personalized nutritional intervention may make a difference over the course of treatment by helping to:

- Better tolerate treatment¹
- Manage possible side effects such as fatigue or weight loss²
- Enhance quality of life²



CONVENIENT AND COMPASSIONATE

LIVE 1:1 NUTRITION & WELLNESS SUPPORT

COPEs™ connects you with live, oncology-certified dietitians to develop a nutritional plan addressing your unique treatment side effect challenges and goals. Our nutrition and wellness experts are also available via private messaging 24/7 to answer questions or provide guidance when you need it most.

Our convenient **COPEs™** online store provides easy access to order nutritional and wellness products and services to enhance your recovery.



ASK YOUR PHYSICIAN ABOUT HOW TO GET STARTED WITH THE **COPEs™** PROGRAM TODAY

Available On:

MyCOPEs.com |   



This program is not intended to be a substitution or replacement for your medical provider, nor does it provide medical advice. Consult your healthcare provider if you have any questions concerning the information provided through this program.

A LIVE, VIRTUAL PROGRAM

24/7 CANCER NUTRITION & WELLNESS SUPPORT

WHAT IS **COPEST**[™]?

Created to supplement the treatment prescribed by your healthcare provider, **COPEST**[™] offers comprehensive virtual support for cancer-oriented nutrition and wellness. Schedule 1:1 appointments with nutrition specialists, enjoy an extensive catalog of recipes and meal plans tailored to your unique symptoms, join virtual classes and access many more helpful resources.

VIRTUAL APPOINTMENTS & CLASSES

LIVE MESSAGING WITH EXPERTS

SYMPTOM-TAILORED RECIPES & MEAL PLANS

ON-DEMAND MEDIA LIBRARY

WELLNESS & ACTIVITY TRACKING

COPEST[™] ONLINE STORE



HOW TO GET STARTED WITH **COPEST**[™]

CREATING YOUR ACCOUNT

1. Visit **MyCOPEST.com** to view our three membership options and choose the one that works best for you.
2. After selecting a membership option, enter your name, email and phone information. After submitting your profile information, you will receive an email invitation from support@MyCOPEST.com
3. Click on the link in your email invitation which returns you to the COPEST site where you will provide your credit card information to complete your purchase and create your login ID and password.
4. With your login ID and password, you may access **COPEST**[™] via your computer at **MyCOPEST.com** or via the **COPEST**[™] app available in the app store. Once you log into **COPEST**[™], you will be presented with a profiling questionnaire requesting specific information such as: cancer type, medications, allergies, symptoms, etc. This important information is used by **COPEST**[™] experts to provide you with a personalized nutrition and wellness support program uniquely tailored to your needs.

NAVIGATING YOUR PROFILE



MY PROFILE

Personalize your support by completing a profiling questionnaire about your specific needs and symptoms.

MY EVENTS

Track your scheduled nutritionist appointments and virtual nutrition, lifestyle and fitness classes.

MESSENGER

Connect with nutrition and lifestyle experts 24/7 via private messaging at your convenience to discuss your questions and concerns.

ON-DEMAND MEDIA LIBRARY

Browse our extensive library of articles and videos on many nutrition, lifestyle and physical fitness topics.

MY WELLNESS TRACKER

Monitor your weight, caloric consumption, activity level and other health parameters while tracking your goal progress via bluetooth-enabled devices.

MY FOOD DIARY

Track and set personal goals for your daily food intake and hydration. Review a summary of your caloric and macronutrient (protein, carbohydrate, fat) consumption. Scan food labels for automatic nutrition information from our food database.

MY ACCOUNT INFO

View your account information and membership details.

For any questions, please contact Support@MyCOPEs.com or call **1.855.216.9595**

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