

# 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.

#### **COPES™ 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 treatment<sup>1</sup>
- Manage possible side effects such as fatigue or weight loss<sup>2</sup>
- Enhance quality of life<sup>2</sup>





# **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 **COPESTM** 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 COPESTM PROGRAM TODAY

Available On: 





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.

© 2021 Nestle Health Science © 2021 Virtual Health Partners All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland or used with permission. References: 1. Odelli, C., Burgess, D., Bateman, L., et al. 2005. Nutrition support improves patient outcomes, treatment tolerance and admission characteristics in oesophageal cancer. Clinical Oncology. 17:639-645. 2. Abdollahi, R., Najafi, S., Razmpoosh, E., et al. 2021 The Effect of Dietary Intervention Along with Nutritional Education on Reducing the Gastrointestinal Side Effects Caused by Chemotherapy Among Women with Breast Cancer. Nutrition & Cancer. 71(6):922-930



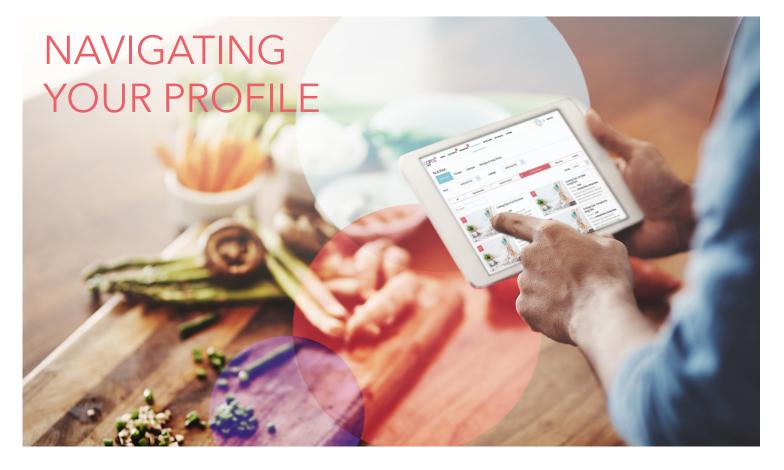


# HOW TO GET STARTED WITH COPESTM

### **CREATING YOUR ACCOUNT**

- **1.** Visit **MyCOPES.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@MyCOPES.com
- **3.** Click on the link in your email invitation which returns you to the COPES 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 COPES™ via your computer at MyCOPES.com or via the COPES™ app available in the app store. Once you log into COPES™, 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 COPES™ experts to provide you with a personalized nutrition and wellness support program uniquely tailored to your needs.





#### **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 you 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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