

24/7 Cancer Nutrition & Wellness Support for Your Patients

COPEST™ is a digital program (via app or website) designed to supplement your patient's prescribed cancer treatment with expert nutritional, emotional and physical support accessible anytime and anywhere they need.

By partnering with you, we are able to provide you with more timely updates on each patient's wellness status and challenges. Keeping you and your patients in sync allows for improvements in care throughout their journey.



COPEST™ Resources and Features

COPEST™ members are connected to live support from oncology-certified nutrition specialists and lifestyle experts, along with a broad range of additional resources.

VIRTUAL APPOINTMENTS & CLASSES

Live 1:1 sessions with oncology-certified nutrition specialists, and virtual nutrition, emotional wellness and fitness classes.

LIVE MESSAGING WITH EXPERTS

Patients may connect with nutrition and lifestyle experts via private 24/7 messaging with concerns and questions.

SYMPTOM-TAILORED RECIPES & MEAL PLANS

Recipes personalized to your patient's symptoms, dietary needs and preferences.

ON-DEMAND MEDIA LIBRARY

An extensive library of articles and videos offering nutrition, lifestyle and fitness information and advice.

WELLNESS & ACTIVITY TRACKING

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

COPEST™ ONLINE STORE

Convenient access to purchase nutritional products and services for added support.

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Challenges Addressed by the COPEST™ Program

Significant nutritional challenges experienced by oncology patients:

- 80% of upper GI and 60% of lung cancer patients have significant weight loss prior to diagnosis⁽¹⁾
- 30-85% of patients experience malnutrition during treatment⁽²⁾

Malnutrition may lead to⁽³⁾

- Decreased response to treatment
- Increased treatment-related toxicity
- Prolonged hospitalization
- Impaired quality of life
- Overall worse prognosis

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Studies have shown **nutrition intervention** may improve patient outcomes, including:

THERAPY SIDE EFFECT REDUCTION⁽⁴⁾

↓ 60%

UNPLANNED HOSPITALIZATION DECREASE⁽⁵⁾

↓ 30%

TREATMENT COMPLETION IMPROVEMENT⁽⁵⁾

↑ 40%

References

1. Isenring EA, et al. Br J Cancer 2004;91(3)447-52.
2. Odelli C, et al. Clin Oncol 2005;17:639-45.
3. Caccialanza R, Pedrazzoli P, et al.: Nutritional Support in Cancer Patients: A position paper from the Italian Society of Medical Oncology and Italian Society of Artificial Nutrition and Metabolism. J.Cancer. 2016; 7(2): 131-135.
4. Ravasco, Paula, Isabel Monteiro-Grillo, and Maria Camilo. "Individualized nutrition intervention is of major benefit to colorectal cancer patients: longterm follow-up of a randomized controlled trial of nutritional therapy." The American Journal of Clinical Nutrition 96.6 (2012): 1346-1353.
5. Odelli, C., et al. "Nutrition support improves patient outcomes, treatment tolerance and admission characteristics in esophageal cancer." Clinical Oncology 17.8 (2005): 639-645.
6. Evidence Analysis Library.Onc: Nutrition Status and Outcomes in Adult Oncology Patients (2013) <http://deal.org/topic.cfm?menu=5291&cat=4957>