



AMERICAN CANCER SOCIETY

# Personal Health Manager

Online tool helps patients organize and navigate their cancer journey.

From the moment they're diagnosed, cancer patients have to deal with an overwhelming amount of information. Keeping that information organized is important for tracking their journey, preparing for discussions with doctors, and making important decisions. The American Cancer Society Personal Health Manager is designed to help with that.

**Providers and patients can access the Personal Health Manager at [cancer.org/phm](https://cancer.org/phm).**

There, they can learn more about:

- Cancer
- Treatment
- Managing side effects
- Talking with a doctor
- Life after treatment

They'll also find templates for tracking side effects, medicines, and appointments.

## Portable and Printable

Providers and patients can access the Personal Health Manager anywhere using a mobile device or desktop computer. They can also print content and keep it in a three-ring binder for patients to take along to appointments. Using tabbed dividers to separate sections makes finding specific information quicker and easier.

Help someone have a better organized cancer journey by introducing them to the American Cancer Society Personal Health Manager at **[cancer.org/phm](https://cancer.org/phm)**.

*The Personal Health Manager is available in both English and Spanish.*

