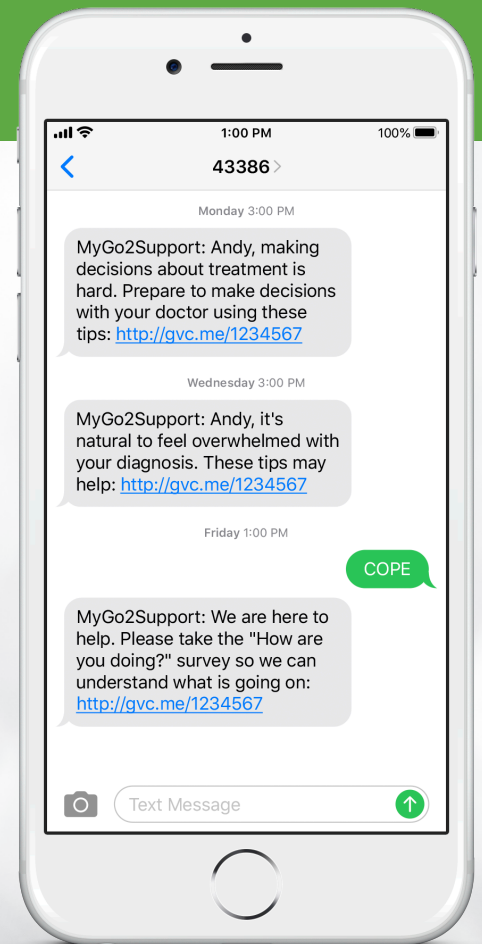


## With the MyGo2Support program, support is just one text message away.

As part of our mission to ensure that all people touched by cancer are empowered to take control of their health and well-being, Crossroads4Hope is now offering the MyGo2Support program to all its members.

MyGo2Support is our free-of-charge, mobile engagement program designed to extend our cancer support programs and services to you and your loved ones no matter where you are in your journey. By joining MyGo2Support, you will receive a personalized support experience, delivered when and where you need it most.



### Care Messages™

Text messages are periodically sent to your mobile device with personalized tips and information specific to your journey and needs:

- *Newly Diagnosed*
- *Cancer Recurrence*
- *Advanced Diagnosis*
- *Parents diagnosed raising young children*
- *Survivorship*
- *Caregivers & Family Members*
- *Families with pediatric cancer*
- *Bereavement*

### Secure Chat

Members can now chat in real time with our team:

- **Easy to use.**
- **No app to download.**
- **As simple as a typical text conversation.**

Send a text to **844-934-2519** and a program coordinator will get back to you!



## How Are You Doing?

Throughout the program, we will check in - allowing you to provide feedback on the personal challenges you're experiencing through the *How Are You Doing?* survey. (See keyword *COPE* →)

## Your Personal Page

The MyGo2Support digital library is filled with education resources and is accessible 24-7 to members. Each time you take the *How Are You Doing?* survey, your library page will be updated so the resources you need are readily available to help you cope with the challenges you are experiencing.

Visit the MyGo2Support digital library by going to [crossroads4hope.gomocompanion.com](http://crossroads4hope.gomocompanion.com) and logging in with your ten-digit mobile number.

## Enroll Today!

Contact our Program Team to learn more or to enroll in the MyGo2Support Program by calling **908-658-5400** or emailing us at [programteam@crossroads4hope.org](mailto:programteam@crossroads4hope.org).

**Crossroads4Hope**  
A NETWORK OF CANCER SUPPORT 

POWERED BY:  **GOMOHEALTH**

You will receive text (SMS) messages from the number **43386**. Message & data rates may apply according to your carrier rate plan. There are no additional charges. You may unsubscribe at any time by texting **STOP**. For assistance with the program, text **HELP**.



## MyGo2Support Keywords

At any time, members can text in any of the keywords below to **43386** to receive in-the-moment program support:



### Text **ATTEND**

*to sign in when you attend a program — so we can keep your membership up to date, provide you with the latest resources, and capture your feedback.*



### Text **COPE**

*to take the How Are You Doing? survey at any time!*



### Text **MINDFUL**

*to receive relaxation techniques and breathing exercises.*



### Text **SONG**

*to receive a link to an uplifting song.*



### Text **SHARE**

*to submit a brief statement about what you do to cope/ how you are doing with this experience. Your statement will be shared anonymously in the future to help others cope who are in a similar situation.*

**TIP:** *Cut this section out so you'll always have access to the support you need.*