



# Feel more like you<sup>®</sup>

If you're being treated for cancer, pharmacists and beauty consultants at nearly 3,000 stores have extra training to help you manage how you feel inside and out.

*Walgreens*

Developed in collaboration with the Cancer Support Community<sup>®</sup> and Look Good Feel Better<sup>®</sup>



## A team approach to helping you feel more like yourself

At stores offering the **Feel More Like You**® service, pharmacists and beauty consultants have extra training to better support you or a loved one throughout your journey. Whether treatment side effects are causing changes on the inside, outside or both, we can help you find the answers and relief you need.

## Beauty consultant guidance

Visible changes can vary with each person. After hearing your needs, our specially trained beauty consultants at stores offering Feel More Like You can suggest individualized makeup tips and tricks and provide guidance on personal care products that can help you with:

- Hair loss and dry hair
- Dry skin and skin discolorations
- Sunlight sensitivities
- Changes to nails and cuticles

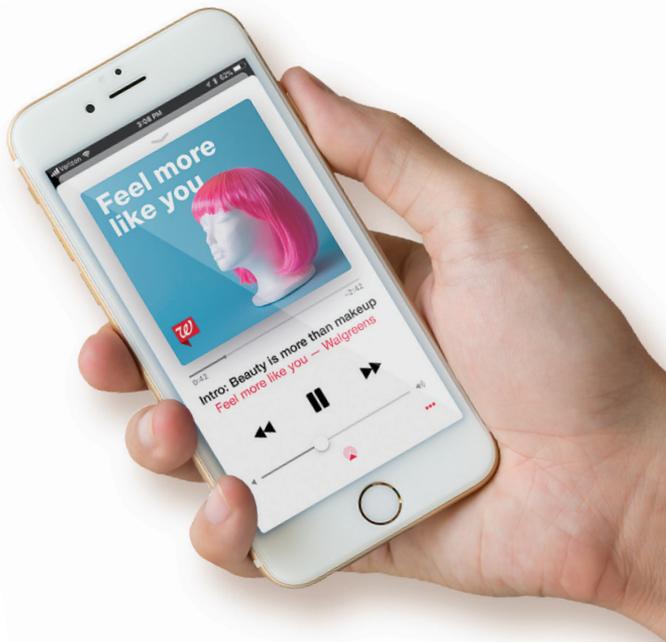
## Pharmacist support

Many side effects aren't visible but can make you feel ill and uncomfortable. Our trained pharmacists at stores offering Feel More Like You can guide you with tips or over-the-counter products to help relieve symptoms that include:

- Occasional nausea and vomiting
- Skin rash
- Increased fatigue
- Mouth sores and dry mouth

If you or someone you care for would like more information about Feel More Like You or want to find a participating store, ask a team member or visit [Walgreens.com/FeelMoreLikeYou](https://www.walgreens.com/FeelMoreLikeYou). The service is free—no appointment needed.





## Feel more like you® podcast now available

This first-of-its-kind podcast from Walgreens explores the real, positive psychological impact to looking and feeling more like your usual self—which goes a long way to helping people heal. The episodes explore a range of topics from skin to wig care, makeup tips and much more.

You'll hear from a panel of beauty, medical and pharmacy experts, as well as women who share their own personal stories about how they have managed the physical and emotional changes caused by cancer treatment.

Visit [Walgreens.com/Podcasts](https://Walgreens.com/Podcasts) or find the series on:



## Online support

You can find helpful side effect advice in the comfort and privacy of your home at [Walgreens.com/FeelMoreLikeYou](https://Walgreens.com/FeelMoreLikeYou).

## Side effect management

Click on **Side Effect Help** and then choose which symptoms you are experiencing, such as hair loss, skin and nail changes, nausea or other side effects. You'll find information and advice to help you feel more like yourself.

## Step-by-step videos

To help you visualize techniques you can use to manage changes from treatment, a Walgreens beauty consultant demonstrates steps on these topics:

- Filling in eyebrows
- Nails and cuticles
- Rethinking skin care
- Skin discoloration



To access the information and the videos, just visit [Walgreens.com/FeelMoreLikeYou](https://Walgreens.com/FeelMoreLikeYou).

## Feel More Like You<sup>®</sup>

was developed in collaboration with:



As the largest professionally led nonprofit network of cancer support worldwide, the Cancer Support Community, including its Gilda's Club affiliates, is dedicated to ensuring that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community.

Learn more at [cancersupportcommunity.org](http://cancersupportcommunity.org)



Look Good Feel Better, a global cancer support program, is dedicated to improving the quality of life and self-esteem of people undergoing cancer treatment. The program offers complimentary group, individual and online sessions that teach beauty techniques to help people with cancer to face their diagnosis with greater confidence.

Learn more at [lookgoodfeelbetter.org](http://lookgoodfeelbetter.org)

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