







Lower your risk of cancer!

✓ Get regular cancer screenings Call 203-200-3030 for help!			
✓ Avoid all tobacco		✓ Avoid sitting for long periods	
✓ Eat fruits and vegetables		✓ Limit alcohol	
✓ Exercise Regularly		✓ Protect skin and eyes from sun and tanning beds	



Cancer Health Disparities | Did You Know?

YouTube Video

National Cancer Institute. (n.d.). Cancer health disparities: Did you Know? Retrieved from <https://www.cancer.gov/about-cancer/understanding/disparities/cancer-health-disparities-video>



Cancer Action Prevention
& Engagement at Yale

NEED HELP ???

Contact Us

Phone: 203-200-3030

E-mail: cape@yale.edu

FOLLOW US:

Facebook



SCAN ME



Yale

Cancer Disparities Firewall

Phone Health Navigation Program

- Do you need help quitting smoking or losing weight?
- Do you need help making cancer screening appointments?
- Do you need help arranging transportation to medical appointments?
- Do you need help in feeding your family?

Call us at 203-200-3030

FREE

Yale Cancer Center | Yale School of Public Health
supported by Bristol Myers Squibb Foundation

What is Health Navigation?

The Yale Cancer Disparities Firewall Project provides **FREE Health Navigation by PHONE** to those living in local communities.

We will:

Work with you to understand and address your day to day needs.

Help you maintain a healthy lifestyle and stay up to date on cancer screening tests.

Connect you to free and low-cost health and social services to help you reach **your** health goals

A **Navigator** uses your zip code to connect you to affordable resources near your home

For example:

- Places to get free and low-cost **healthy food**
- Information on **Covid-19**
- **Transportation** to medical appointments
- Places to **exercise** safely
- Information on **housing** issues
- **Quit smoking** programs that insurance can help pay for
- **Cancer Prevention** screening tests that are right for you



Health Navigation Process:

Step 1: Contact the Navigation team

Step 2: Talk with a Navigator to answer some questions about your health and social needs

Step 3: Get a list of local resources

Step 4: Work with a Navigator to create a healthier lifestyle

For more information or to speak to a Health Navigator

Call **203-200-3030** OR

Submit an online form using this link:

<https://www.yalecancercenter.org/patient/specialty/screening/>

We will contact you within 2 business days (Mon-Fri)