

# Do you or someone you know have breast cancer?

Join mybc, your  
online community



Breast Cancer  
Foundation NZ

## Kia ora, and welcome to mybc

Mybc is an online community for all New Zealanders affected by breast cancer, including supporters – a place to connect and share experiences with others, ask questions, and get support from a qualified breast nurse.

Now, no matter where you are in New Zealand, you don't have to go through breast cancer alone.

You can download the app on your phone, or sign up via the mybc website on your computer or tablet. Just go to [www.mybc.care](http://www.mybc.care) to sign up or download the app from the iTunes store or Google Play.

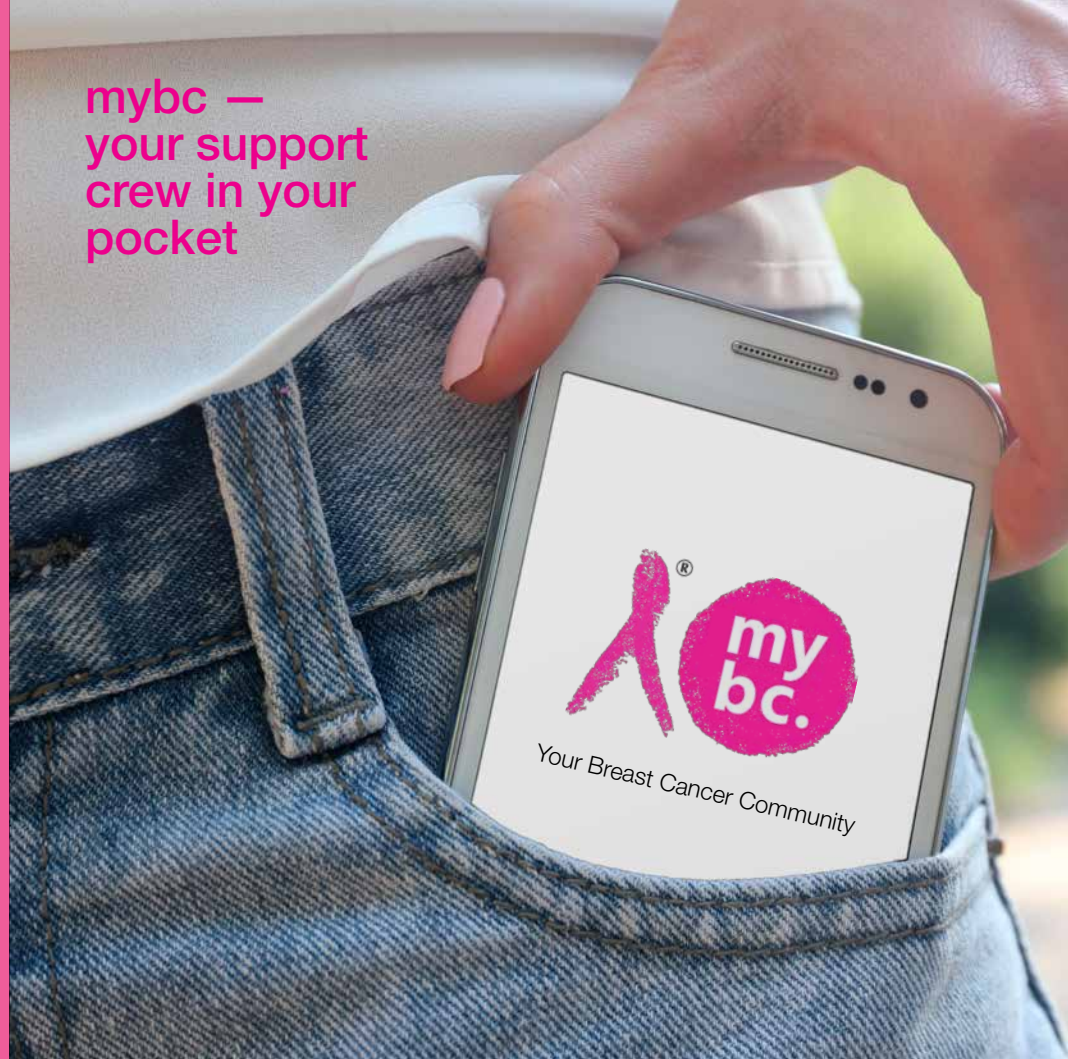


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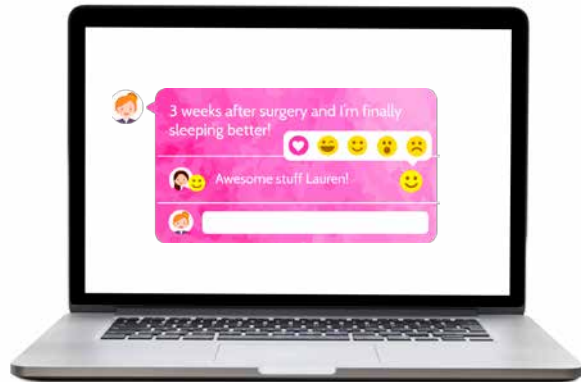
[www.mybc.care](http://www.mybc.care)

mybc —  
your support  
crew in your  
pocket

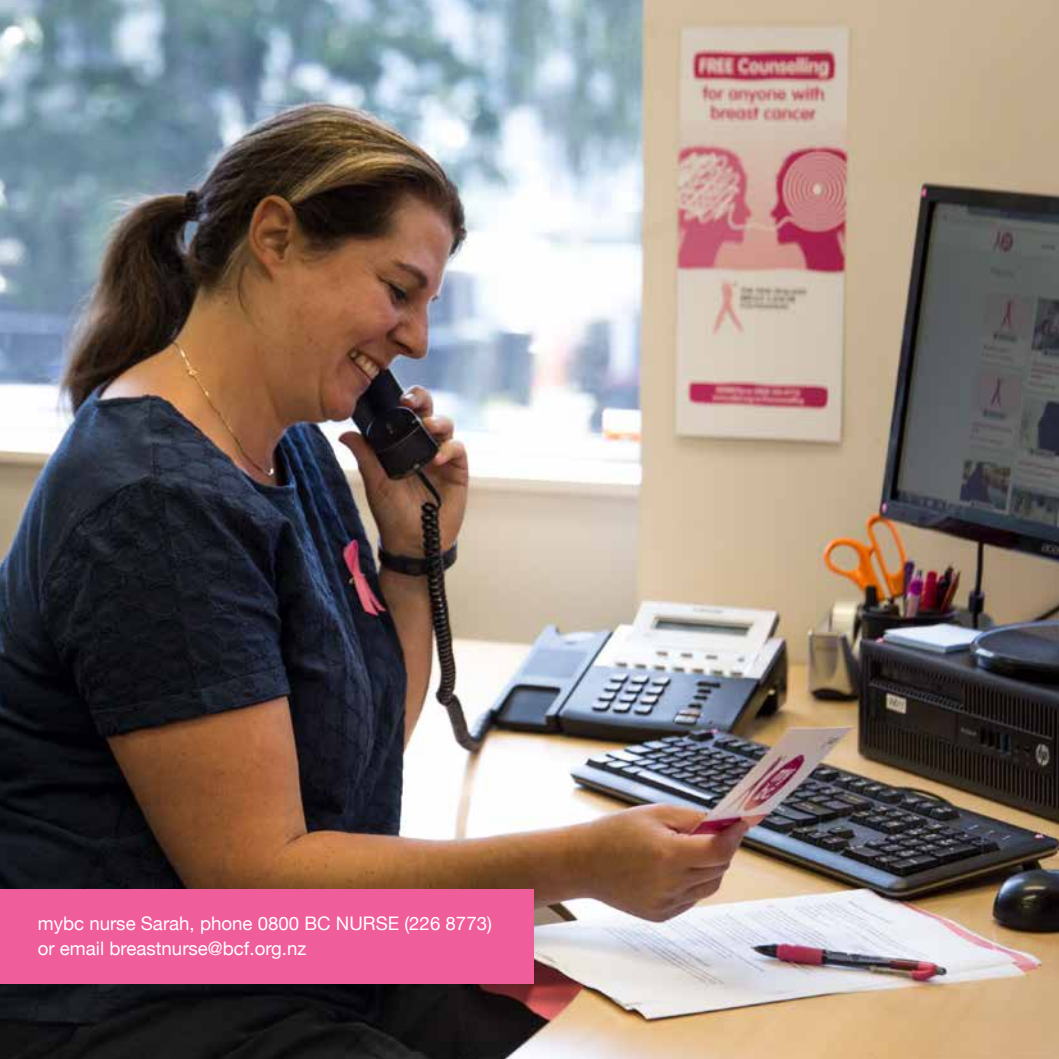


## Connect and share

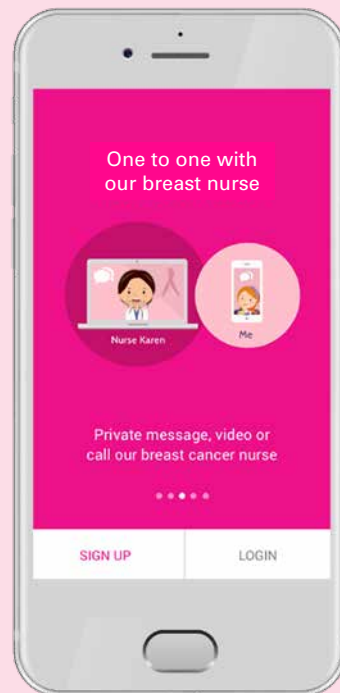
Share your questions and stories with people who know what you are going through. Give and receive support, share your experiences and thoughts and get to know each other.



Anete, diagnosed 2002 and Sue, diagnosed 2006



mybc nurse Sarah, phone 0800 BC NURSE (226 8773)  
or email [breastnurse@bcf.org.nz](mailto:breastnurse@bcf.org.nz)



## Chat privately with our qualified breast nurse

Private message, video call or call our qualified breast nurse.

Ask her questions about your diagnosis, treatment or living with breast cancer.

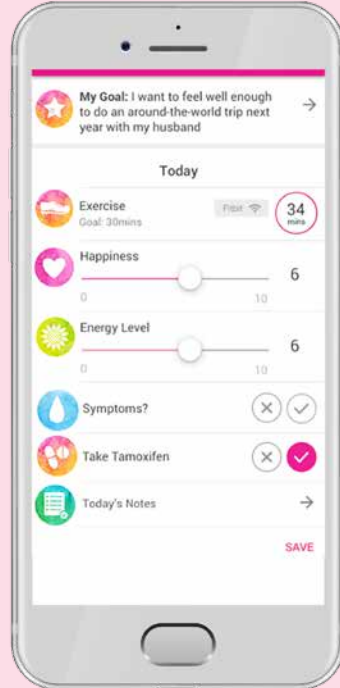
Family and supporters can also ask our breast nurse questions.

## Track your progress

Keep track of your energy levels, treatment side effects and how you're feeling each day.

You can also take this to your medical appointments so your team can better meet your needs.

Get your whānau onboard – share or email your progress to friends and family.



Chris, diagnosed 2000 and Anete, diagnosed 2002

## Stay organised

Add appointment and medication reminders, and save your medical team's details.

You can also upload your medical records onto **mybc** – it's private and totally secure for your use only.



## Get access to reliable information

Find medical information, videos and frequently asked questions (FAQs) created by a team of experts.

Read stories from others just like you, and share your own story.

Benefit from mybc's **Living Well** programme which offers helpful tips during and after treatment.



Breast Cancer Foundation NZ developed  
mybc for people like you.

[www.mybc.care](http://www.mybc.care)

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If you have breast cancer and are interested  
in free counselling, rehabilitation after  
surgery, or want to talk things over with  
our breast nurses, call **0800 BC NURSE**  
or email [breastnurse@bcf.org.nz](mailto:breastnurse@bcf.org.nz)

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