PAC ICare

Move More. Feel Better.
We're here to support you.



PAC ICare

Physical Activity &
Cancer Integrated Care

PAC ICare is a program that helps cancer patients get moving through structured exercise as part of their care.

- A program tailored to your needs and abilities.
- Personalized exercise support at every step of your journey.
- An exercise program that works with your healthcare team.

You may be able to participate.
Ask your care team or
contact us to learn more.

THE BENEFITS OF EXERCISE ACROSS YOUR CANCER JOURNEY

BEFORE TREATMENT

Prepare your body and mind

- Improve strength and fitness
- Recover faster
- Reduce anxiety and stress
- Improve sleep and energy

DURING TREATMENT

Support your treatment

- Reduce fatigue and side effects
- Maintain strength and independence
- Improve mood and quality of life
- Help you stay active and in control

AFTER TREATMENT / SURVIVORSHIP

Build your future

- Improve long-term health
- Lower risk of cancer return
- Support mental wellbeing
- Maintain function and independence

Exercise is medicine.

Safe. Individualized. Effective.
We will meet you where you are and progress with you.

WHAT IS PAC ICare?

PAC ICARE is a research study that helps people increase their physical activity before, during and after treatment. It aims to see if adding exercise to regular cancer care is practical, acceptable, and helpful.

The program will look at what makes it easy or difficult to include exercise in cancer treatment and how this can improve patients' physical health, quality of life, and how well they can handle their treatments.

YOU WILL RECEIVE:

- An invitation to take part in this study
- Education and resources
- Exercise support that fits your needs
- Regular review by your oncology care team
- Help us learn what works to improve care for others

NSH ROMEO REB File #: 1032911, V1.1,July 16,, 2026

HOW IT WORKS

Complete a brief self-assessment regarding your current level of physical activity.

If eligible, give consent online.
Your information is private and secure.

Your oncology care team reviews your screening.
Your care team may refer you to an exercise professional.

Receive a personalized exercise plan based on your needs and goals.

Get regular support and follow-up to help you stay active and safe.

Help us learn what works.
Your participation helps improve care for others.

Your care. Your goals. Our support.

HOW THE PATIENT ENGAGEMENT APP SUPPORTS THE STUDY

Patient Engagement App

The Patient Engagement App is a secure digital health platform that plays an active role in your cancer care.

HOW THE APP HELPS EASY ACCESS
Use Patient Engagement App on your phone or computer, anytime, anywhere.

PERSONALIZED SUPPORT
Access your exercise plan, education, and resources made just for you.

TRACK YOUR PROGRESS
Log activity, track goals, and see your progress over time.

STAY CONNECTED
Receive reminders, messages, and updates from your exercise team.

PRIVATE & SECURE
Your information is protected and only used for this study.

SHORT SURVEYS IN PATIENT ENGAGEMENT APP

- Tell us how active you are
- Rate your quality of life
- Help us understand what helps or gets in the way
- Your feedback helps improve care for you and others.

GET IN TOUCH

We're here to help.
Contact us to learn more about PAC ICare.

Phone:
902-473-2035

Email:
excancer@nshealth.ca

Website:
www.thepaclab.com

nova scotia health
Cancer Care Program

PAC LAB
EST 2018
Move Well, Live Well
MOVING THROUGH CANCER TOGETHER
EXCANCER@NSHEALTH.CA

We look forward to supporting you on your cancer journey.