

BUILDING EQUAL ACCESS TOGETHER IN CANCER (BEAT-C) NEWSLETTER



March 2025

STUDY PROGRESS HIGHLIGHTS

A total of **368** patients have enrolled in the study so far. The table to the right shows enrolled patients by cancer type.

DID YOU KNOW?

Sleep Awareness Week is March 9-15.

Many people with cancer have sleep problems. You may have trouble falling or staying asleep or feeling very sleepy during the day. A consistent bedtime routine and lifestyle changes can help with sleep issues. If you snore, talk to your primary care provider to see if you need a sleep machine. If you have trouble sleeping but don't snore, we recommend trying a free evidence-based app called **CBT-i Coach** created by the VA. Learn more at mobile.va.gov/app/cbt-i-coach.

Cancer Type	Number of participants
Breast	177
Prostate	103
Endometrial/Gynecologic	30
Gastrointestinal	30
Respiratory	10
Head and Neck	8
Other	10

COMMUNITY WELLNESS CENTER NOW OPEN

The new **Community Wellness Center** is now open at **3924 Minnesota Ave NE in Ward 7**.



This Community Wellness Center provides a space for enrollees to participate in wellness events, classes, and activities, and to connect with MedStar Family Choice staff – including outreach coordinators, case managers, and social workers – to connect you to resources.

The center is available to all MedStar Family Choice DC enrollees. If you are eligible for DC Medicaid, you are eligible to enroll with MedStar Family Choice DC.

Programs and services include fitness classes, cooking and nutrition workshops, wellbeing resources, diabetes management cooking class, smoking cessation class, financial literacy class, and one-on-one case management.

The center is open Monday through Friday from 9:00AM to 5:00PM.

For more information, visit www.medstarfamilychoicedc.com/ or call **855-798-4244**.