

REBECCA

A 32-Year-Old Mom of Two Who Noticed a Lump in Her Breast



INITIAL DISCOVERY AND DIAGNOSIS

Six months prior to engaging with Summus

Rebecca, a 32-year-old marketing professional with two young children, was focused on growing her career and enjoying life with her family when she noticed a lump in her breast. She tried to dismiss it, especially since she had no family history of cancer.

She called her OBGYN, only to be told the next available appointment was two weeks away. She turned to Google for answers, but the flood of conflicting information and scary statistics left her more overwhelmed than before.

That's when Rebecca remembered that her employer offered a benefit called Summus.

Within 12 Hours, Rebecca Spoke with a Summus MD

Rebecca opened a case and was quickly connected with a Summus MD. Together, they discussed her symptoms and mapped out a plan, including key questions Rebecca should ask at the appointment. The Summus MD also recommended using Summus to find an OBGYN with sooner availability.



“I would have been lost without Summus. My doctors are great, but they wouldn't have had the time to properly prepare me or follow up to make sure I had the information I needed.”

Summus Supports Rebecca On Her Journey

12 HOURS

TIME TO SUMMUS MD
CONSULT

4 DAYS

TIME BETWEEN CONSULT AND
SPECIALIST APPOINTMENT

10/10

MEMBER
SATISFACTION

\$21,346

AVERAGE COST SAVINGS
FOR REBECCA'S JOURNEY

REBECCA'S TREATMENT TIMELINE



SAME-DAY CONSULT

Rebecca's Summus MD provides specialist referral

The same day she spoke with her Summus MD, Rebecca received a curated list of in-network OBGYNs with same-week availability. She secured an appointment for that Thursday, avoiding the two-week wait she was originally given.



4 DAYS LATER

Rebecca Meets with Her New OBGYN

Four days later, Rebecca went into her appointment with confidence. She shared a clear summary of her symptoms, family and medical history, and used the list of key questions her Summus MD had helped her prepare. Her new doctor took her concerns seriously and acted swiftly.



1 WEEK LATER

Rebecca Receives Concerning Results

Rebecca's doctor ordered an ultrasound, followed by a mammogram based on the initial findings. The mammogram showed an abnormal mass, and the radiologist recommended she see a breast surgeon. Unsure how to find the right specialist and move forward, Rebecca once again turned to Summus for guidance.



WITHIN 7 DAYS

Summus Connects Rebecca to a Leading Breast Surgeon

Using its proprietary Lighthouse™ Physician Referral Engine, the Summus team identified a highly regarded breast surgeon just 10 miles from Rebecca's home who had availability within the week. The Summus team also helped Rebecca collect and organize her records and prepared her for the appointment with a list of questions and goals.

REBECCA'S TREATMENT TIMELINE (CONTINUED)



DIAGNOSIS

Rebecca is Diagnosed with DCIS

After connecting with the Summus-recommended breast surgeon, Rebecca undergoes a biopsy. Pathology confirms a diagnosis of ductal carcinoma in situ (DCIS). Her surgeon initiates further testing, including hormone receptor status and imaging to better understand the disease and begin planning treatment.



SURGERY RECOMMENDED

Rebecca is Recommended Surgery

Rebecca's breast surgeon recommended moving forward with surgery. She explained that if invasive cancer is found in the final pathology, chemotherapy or other treatments may be needed. Feeling overwhelmed, Rebecca reached back out to Summus for guidance and support.



NEXT DAY

Summus Provides Guidance on Next Steps

The next day, Rebecca reconnected with her Summus MD to review her biopsy, images, testing results, and recommendation for surgery. The Summus MD recommended speaking with a specialist for an in-depth video consultation.



8 DAYS LATER

Rebecca Consults with the Director of Breast Oncology at Stanford

Eight days later, Summus arranged a consultation with leading doctor of the Breast Oncology Program at Stanford, who reviewed Rebecca's records and supported the plan for surgery. He addressed her questions about radiation, chemotherapy, and other treatments, and when each may be needed based on the post-surgical pathology report. Rebecca left the conversation feeling informed and reassured.

REBECCA'S ONGOING SUPPORT & TREATMENT



SURGERY

Rebecca Undergoes Surgery

Rebecca proceeded with a lumpectomy and a sample was sent to pathology to determine if additional treatments would be needed. Pathology revealed that her cancer was intermediate-grade, and her surgeon discussed the possibility of radiation as a next step to reduce the risk of local recurrence, referring her to a radiation oncologist and medical oncologist.



HESITANT ABOUT RADIATION

Rebecca Reconnects with Summus

Hesitant about radiation, Rebecca reconnected with the doctor from Stanford through Summus. He reviewed her pathology along with her concerns about radiation and encouraged her to discuss hormonal therapy options with her medical oncologist.



SHARED DECISION-MAKING

Rebecca Meets With Medical Oncologist

Taking the Stanford doctor's recommendations, Rebecca met with the medical oncologist she was referred to. After reviewing her pathology - showing small DCIS with clear margins - the oncologist discussed both radiation and hormonal therapy. Given Rebecca's preferences and low-risk features, they agreed on starting hormonal therapy with close monitoring, allowing her to defer radiation at this time.



HOLISTIC SUPPORT

Rebecca Relied on Summus Support

Throughout her treatment, Rebecca accessed additional Summus services, including:

- Lifestyle medicine consultations for nutrition guidance
- Mental health support to help her manage the emotional toll of treatment
- Practical strategies for managing treatment side effects and staying resilient

REBECCA'S RECOVERY & LONG-TERM WELLNESS PLANNING



AFTER TREATMENT

Rebecca Consults with Summus on Long-Term Plan

After completing her treatment, Rebecca consulted her Summus MD to discuss long-term health planning. Together, they developed a personalized recovery and surveillance plan, including:

- A schedule for follow-up screenings
- Lifestyle adjustments to support recovery and reduce recurrence risk
- Genetic counseling to assess cancer risk for her young children
- Ongoing mental health support to navigate health anxiety
- Guidance from oncology social worker to help navigate work and family life post-treatment



6 MONTHS LATER

Rebecca Remains Focused on Healing and Staying Healthy

With Summus by her side, Rebecca gained fast access to the right doctors, felt more prepared at every step, and made confident decisions throughout her cancer journey. She was informed and knowledgeable about all her treatment options, which enabled her to advocate for her preferences. Today, she's focused on healing, staying healthy — and being present for what matters most.

REBECCA RELIED ON SUMMUS.
OTHERS DID, TOO.

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