Linda Answers Cancer Survivors' Questions about Healthy Living

Linda is a virtual friend and coach who provides guidance on healthy lifestyle choices.

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By Shelton Bartley, MPH

As a cancer survivor, you may have health questions, but don't know who to ask. Linda, CDC's new simulated cancer survivor, can answer many of your questions about how to stay healthy after cancer treatment.

As a five-year cancer survivor and virtual coach, Linda gives advice to fellow survivors to help them start and maintain healthy habits. For cancer survivors, Linda is a part of your support system.

How Linda Works

You can ask Linda questions about your health habits, and choose responses that represent your thoughts and feelings. You can talk to Linda about anxiety and distress, alcohol, tobacco use, and physical activity and nutrition.

Linda is a virtual friend and coach who provides guidance on healthy lifestyle choices. You can discuss your concerns about eating healthy, ways to stay active, drinking alcohol, smoking, and stress. Living well after cancer can be hard. Linda supports you with the information you need to live a longer, healthier life.

How Can I Talk to Linda?

Learn more about the Talk to Someone simulation on CDC's Cancer web site.

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