



Breast Cancer

Sidekick's DTx product
(SK-421)

About the treatment

SK-421 is a digital program supporting people living with breast cancer in the management and tracking of their health and lifestyle behaviors. The product is based on the latest clinical guidelines and evidence for the treatment of breast cancer.

People living with breast cancer deal with a multitude of issues related to their condition and treatment side effects. Increased stress, sleep deprivation, anxiety, depression, and issues with pain and fatigue are among some of the most common challenges people with breast cancer deal with.

The Breast Cancer program from Sidekick Health educates users on how to better manage their diagnosis, treatment options, and potential side effects. The program also features motivational content that encourages users to build sustainable healthy habits in the areas of nutrition, physical activity, sleep and mindfulness to improve their quality of life and mental health.



The sidekick app is an innovative addition to the overall holistic treatment of the cancer patient. It has the potential to empower patients in achieving the best outcomes possible.



Dr. Örvar Gunnarsson, MD (IS) Oncologist



Clinical objectives

Through daily bite-sized missions, the Breast Cancer program supports users holistically through evidence-based neurobehavioral methods focused on reducing cancer distress, limiting pain and fatigue, providing disease-specific education, and supporting physical activity. These methods have been shown to effectively reduce stress, anxiety and depression, and improve the overall quality of life.

As a supplement to the program, the product also provides access to a holistic health coach supporting the user throughout their cancer journey.

The educational content featured in the program is designed to increase users' understanding of their condition. By becoming more aware of the symptoms and side effects associated with breast cancer, users may feel more equipped to manage, communicate, and track their symptoms.



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To be diagnosed with breast cancer is a challenge for both body and soul. Along with traditional cancer treatments and support, the Sidekick app is a great addition for cancer patients where the goal is to improve the user's well-being, symptoms, and quality of life.

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Dr. Ólöf K. Bjarnadóttir, MD, PhD