

# Female Cancer Insurance Policy

Thank you for purchasing **your** Comprehensive Female Cancer policy. This policy covers **you** should **you** be diagnosed with a covered **cancer**. The full details of the cover, and the exclusions, can be found below. This policy contains technical medical terms which are necessary to describe precisely what is and is not covered. **We** have included a glossary in the appendix which is designed to give **you** more information. The glossary does not form part of this policy.

If you have any queries regarding your policy, please contact the plan administrator using the contact details provided in this policy.

This policy has been arranged for **you** by AIM Risk Services Ltd as intermediary. AIM Risk Services Limited is an Appointed Representative of James Hallam Limited and is authorised and regulated by the Financial Conduct Authority.

**Your** policy is underwritten by Antares Managing Agency Limited who are the managing agent for Antares Syndicate 1274 at Lloyd's. Antares Managing Agency Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority (Registration Number 06646629). Registered address is 21 Lime Street London EC3M 7HB.

## **Important Information**

This document, the **Insurance Schedule** and any **Endorsements** attached form **Your Policy**. This document sets out the conditions of the insurance between **You** and **Us**. Please read this **Policy** carefully and if the coverage or benefits provided do not meet **Your** requirements or **You** do not comply with the conditions set out in this section, please return these documents within the Cooling-Off Period to the **Plan Administrator** who arranged this **Policy** on your behalf.

It is important that:

- You check that the Sections of Cover that You have requested are included in the Insurance Schedule
- You check that the information You have given Us is accurate – please see the "Information That You Provide to Us" further below
- You notify Your Plan Administrator as soon as practicable of any inaccuracies in the information that You have provided to Us
- You comply with Your duties under each Section of Cover for which You are insured, and under the terms and conditions of this Policy as a whole

This policy has been arranged for **you** by AIM Risk Services Ltd as intermediary. AIM Risk Services Limited is an Appointed Representative of James Hallam Limited and is authorised and regulated by the Financial Conduct Authority.

## Information that You Provide to Us

We are relying upon the information You provide to Us, either directly or through Your Plan Administrator, in deciding whether to provide You with this Policy and on what terms and at what premium.

If You become aware that any information You have given Us is not complete or accurate or You fail to notify Your Plan Administrator that the information You have provided Us is inaccurate or incomplete, and We establish that You deliberately or recklessly provided Us with false or misleading information, then We may treat this Policy as if it never existed and decline all claims.

If **We** establish that **You** carelessly provided **Us** with false or misleading information, then the cover and benefits under this **Policy** could be affected and **We** might, for example:

Treat this Policy as if never existed and return

Your premium paid; or

- Cancel Your Policy and refuse to pay any claim; or
- Revise the premium; or
- Charge an additional premium or not pay a claim in full.

We will write to You via Your Plan Administrator if We are going to treat this Policy as if it never existed or need to amend the terms of Your Policy.

## **Privacy Notice**

#### Who We are

**We** are the Lloyd's Underwriter(s) identified in the contract of insurance and/or in the certificate of insurance and/or in the **Insurance Schedule**.

#### Basic information

We collect and use relevant information about You to provide You with Your insurance cover or the insurance cover that benefits You and to meet Our legal obligations. This information includes details such as Your name, address and contact details and any other information that We collect about You in connection with the insurance cover from which You benefit. This information may include more sensitive details such as information about Your health and any criminal convictions You may have.

In certain circumstances, **We** may need **Your** consent to process certain categories of information about **You** (including sensitive details such as information about **Your** health and any criminal convictions **You** may have). Where **We** need **Your** consent, **We** will ask **You** for it separately. **You** do not have to give **Your** consent and **You** may withdraw **Your** consent at any time. However, if **You** do not give **Your** consent, or **You** withdraw **Your** consent, this may affect **Our** ability to provide the insurance cover from which **You** benefit and may prevent **Us** from providing cover for **You** or handling **Your** claims.

The way insurance works means that **Your** information may be shared with and used by a number of third parties in the insurance sector for example, insurers, agents or brokers, reinsurers, loss adjusters, sub-contractors, regulators, law enforcement agencies, fraud and crime prevention and detection agencies and compulsory insurance databases. **We** will only disclose **Your** personal information in connection with the insurance cover that **We** provide and to the extent required or permitted by law. **We** will never sell any personal information **You** provide us.

## Other people's details you provide to us

Where **You** provide **Us** or **Your** agent or broker with details about other people, **You** must provide this notice to them.

#### Want more details?

For more information about how **We** use **Your** personal information please see **Our** full privacy notice(s), which is available online on **Our** website or in other formats on request. Website: www.antaresunderwriting.com

**Contact Details** 

You have rights in relation to the information We hold about You, including the right to access Your information. If You wish to exercise Your rights, discuss how We use Your information or request a copy of Our full privacy notice(s), please contact Us at:

Antares Managing Agency Ltd 21 Lime Street London EC3M 7HB

Email: <u>Compliance2@qicglobal.com</u>

Telephone: +44 (0) 20 7959 1900

## **Age and Residence Conditions**

To be covered under the insurance in this **Policy**, **You** must be under the age of sixty-five (65) and a permanent resident in the **United Kingdom** at the time the **Period of Insurance** commences.

## **Cooling-Off Period and Cancellation**

If this **Policy** does not meet **Your** requirements and **You** wish to cancel this insurance, **You** must notify **Your Plan Administrator** who arranged this **Policy** for **You** within the Cooling-Off Period, which is fourteen (14) days from the commencement of the **Period of Insurance** specified in the **Insurance Schedule** or within fourteen (14) days from receipt of the **Policy** documents from **Your Plan Administrator**, whichever time period is later.

If You have not made a claim during this Cooling-Off Period, We will refund the premium You have paid to Us in full to You through Your Plan Administrator and We will not charge an Administration Fee. Please contact Your Plan Administrator to obtain this refund. Their address and telephone number will appear on their correspondence to You.

## Cancellation at any other time

**You** can cancel this policy at any time after the cooling off period by contacting the **plan administrator**. **Your** cover will terminate at the end of the monthly period that has already been paid.

Coverwell 11 Pipers Field Uckfield East Sussex **TN22 5SD** 

E-mail: info@myfamilyguard.co.uk

Tel: 0800 021 9011

We may cancel this **Policy** by giving thirty (30) days written notice to **You** at **Your** last known address and to **Your Plan Administrator**. We will only do this for a valid reason, for example:

- Failure to pay the premium; or
- Non-cooperation or failure to supply information or documentation upon request; or
- A change in risk occurring such that We are no longer able to provide You with insurance cover.

If this **Policy** is cancelled by **Us** then, provided **You** have not made a claim, **We** will refund the premium **You** have paid to **Us** to **You** via **Your Plan Administrator** less the amount of premium which relates to the time period under which **You** have been covered under this **Policy**.

## **Disputes and Complaints**

We are dedicated to providing You with a first class service and Our wish is to ensure that all aspects of Your insurance are dealt with promptly, fairly and efficiently at all times. If You feel that We have not offered a first class service or You have any questions or concerns about this Policy or the handling of Your claim, please contact Us and We will do Our best to resolve the problem. Our contact details are:

Compliance Department
Antares Managing Agency Limited
21 Lime Street
London EC3M 7HB

**Telephone:** 020 7959 1900 **Fax:** 020 7959 1901

Email: Compliance2@qicglobal.com

If Your concerns relate to any other aspect of the Policy please contact the Plan Administrator who sold You this Policy.

If at any time **You** feel that **Your** complaint has not been resolved, **You** may refer the matter to the Complaints Department at Lloyd's. Their address is:

Complaints
Fidentia House
Walter Burke Way
Chatham Maritime
Chatham
Kent
ME4 4RN

Telephone: +44 (0)20 7327 5693

**Fax:** +44 (0)20 7327 5225 **Email:** complaints@lloyds.com

We always seek to improve our service and we therefore welcome feedback and suggestions for improvement. Should you wish to raise any comments regarding the Lloyd's complaints process you may raise those with the Lloyd's Head of Market Conduct at <a href="HeadofConduct@lloyds.com">HeadofConduct@lloyds.com</a>. However, we would ask that you do not use this email to notify Lloyd's of individual complaints, but please instead use the contact details above.

Details of Lloyd's complaints procedures including timescales are set out in a leaflet "Your Complaint – How We Can Help" available from the above address or on the website www.lloyds.com.

If **You** remain dissatisfied after Lloyd's has considered **Your** complaint, **You** may refer **Your** complaint to the Financial Ombudsman Service (FOS).

The contact details for the Financial Ombudsman Services is

The Financial Ombudsman Service

**Exchange Tower** 

London E14 9SR

Telephone: 0800 023 4567 (free from "fixed lines" in

the UK)

**Telephone:** 0300 123 9123 (calls to this number are

charged at the same rate as 01 and 02 numbers on mobile phone tariffs in the

UK).

**Fax:** 020 7964 1001

**E-mail:** complaint.info@financial-ombudsman.org.uk

Website: www.financial-ombudsman.org.uk

The FOS is an independent service in the UK for settling disputes between consumers and businesses providing financial services.

Following the complaints procedure with the FOS does not affect **You**r rights to take legal action. Further details will be provided at the appropriate stage of the complaints process.

## Financial Services Compensation Scheme

We are covered by the Financial Services Compensation Scheme. You may be entitled to compensation from the Scheme if We are unable to meet Our obligations under this Policy. If You are entitled to compensation under the Scheme, the level and extent of the compensation will depend on the nature of this Policy.

Further information about the scheme is available from the Financial Services Compensation Scheme at the following address or website: <a href="https://www.fscs.org.uk">www.fscs.org.uk</a>

Financial Services Compensation Scheme

10th Floor Beaufort House 15 St Botolph Street London EC3A 7QU

Telephone: 020 7892 7300 Website: www.fscs.org.uk

## Claims Procedures – How to Make a Claim

**You** should notify **Your** claim as soon as practicable but no later than ninety (90) days after an **Injury** to **Our** Claims Administrator, at the following address:

Roger Rich & Co 2a Marston House Cromwell Park Chipping Norton Oxfordshire OX7 5SR

**Telephone:** 01608 641351 **Fax:** 01608 641176

**E-mail:** enquiries@rogerrich.co.uk

Our Claims Administrator will promptly send You a Claim Form once contact is made. If You encounter any issues with this process, You should contact Your Plan Administrator who sold You this Policy (whose contact details will appear on their correspondence sent to You). Your Plan Administrator will be able to assist You with making the claim and any further issues that may arise.

## Claims settlement conditions

- 1. Claimants must do the following
  - tell **Us** in writing or by telephone as soon as is reasonably possible after any event which may give rise to a claim under the policy
  - fully complete and sign a claim form
  - ensure the claim form is signed by your medical practitioner
  - provide at **your** own expense, any medical certificates, prescriptions, treatment plans and other reasonable evidence to support the claim.
- 2. If the information supplied is insufficient the **insurer** will identify what further information is required to properly assess the claim.
- 3. You must give the insurer permission to obtain medical reports or records needed from any medical practitioner who has treated you.
- 4. Should it be required, **you** must agree to a medical examination at **our** expense in connection with any claim.
- 5. Any benefit will be paid to **you**. Payment of any benefit is income tax free under current legislation but may be subject to inheritance tax or other taxation.

## **Fraudulent Claims**

If **You** or any other person acting on **Your** behalf submits any claim under this **Policy** through concealment, misstatement or deliberative provision of false information, **We** shall be under no liability to make payment in respect of such claim and **You** must pay back any benefit that **We** have already paid that was subject to the concealment, misstatement or deliberate provision of false information. If this happens **We** will cancel this **Policy** and not refund any premium to **You**.

## **Definitions**

Certain words in this policy have been given specific meanings as described below. They have this specific meaning when they appear in bold print throughout this policy and the **schedule**.

**Benefit(s):** The **benefits** for which **you** are entitled as an **insured person** under this policy subject to the terms and conditions that apply, including all exclusions.

Child or children: Any dependent female child who is related to you or who lives with you on a full or part time basis aged between 1 and 18 years, or 23 years if in full time education, and named on the schedule.

Computer System: Any computer, hardware, software, communications system, electronic device (including, but not limited to, smart phone, laptop, tablet, wearable device), server, cloud or microcontroller including any similar system or any configuration of the aforementioned and including any associated input, output, data storage device, networking equipment or back up facility, owned or operated by **You** or any other party.

**Cyber Act:** An unauthorised, malicious or criminal act or series of related unauthorised, malicious or criminal acts, regardless of time and place, or the threat or hoax thereof involving access to, processing of, use of or operation of any **Computer System**.

**Cyber Incident:** Any error or omission or series of related errors or omissions involving access to, processing of, use of or operation of any **Computer System** or any partial or total unavailability or failure or series of related partial or total unavailability or failures to access, process, use or operate any **Computer System**.

Day: A period of 24 consecutive hours.

**Diagnosis benefit:** A benefit payable on diagnosis of a **Cancer** by a **medical practitioner** 

**Female cancer:** Cancer, excluding pre-cancerous, premalignancy, borderline malignancy, non-invasive, or cancer in-situ, of a **female organ**.

**Female organ:** The breast, ovaries, fallopian tubes, uterus, cervix, vagina or vulva.

**Full time education:** Education undertaken in pursuit of a course, where an average of more than 12 hours per week is spent during term time receiving tuition, engaging in practical work or receiving supervised study.

Hospital: An institution which has permanent full-time facilities for caring for patients overnight as well as facilities for the diagnosis and medical & surgical treatment of patients by a **medical practitioner**. A **hospital** provides 24 hour nursing services supervised by Registered General Nurses or nurses with similar qualifications. The following institutions are not considered **hospitals** under this definition, mental institutions, nursing homes, hospices, convalescent homes or residential care homes as defined under the Registered Care Homes Act 1984.

**Insured person:** The person or people named in the **schedule** who is (are) resident in the **United Kingdom** or is (are) situated overseas on a secondment for up to 180 consecutive **days** and continues to be a registered **United Kingdom** citizen.

**Medical Practitioner:** Any suitably qualified **medical practitioner** registered by the General Medical Council in the United Kingdom other than:

- **You**; or.
- Your immediate family; or
- Your employee; or
- Any person with whom You have a contract for services.

**Partner:** A female aged 16 and over but under 65 who is living with the **insured person** and is named on the **schedule**.

**Period of insurance:** Cover will begin on the policy **start date** and will continue for as long as **you** continue to pay the premium or until any of the dates stated in the section "When cover ends" are reached.

**Plan administrator:** Coverwell, 11 Pipers Field, Uckfield, East Sussex, TN22 5SD. Coverwell Financial is a trading style of Aim Risk Services Ltd and an Appointed Representative of James Hallam Limited who are authorised and regulated by the Financial Conduct Authority No FRN 134435.

**Policy year:** The twelve (12) month period starting on the **start date** or on the anniversary of the **start date** each year.

**Pre-existing Condition:** Any medical condition directly or indirectly related to cancer (whether diagnosed or not) for which at any time in the 36 months prior to **your start date**,

- · received medication or treatment; or
- experienced symptoms and/or had abnormal medical tests.

**Premium due date:** The premium is paid on a monthly basis by direct debit. Each premium buys cover for the calendar month in which it is paid.

**Schedule:** The document which states the details of the cover **you** have purchased.

**Start date:** The date, shown on the **schedule**, on which cover under the policy commences at 00.01, or the date that an **insured person** is added to the policy if that date is later.

**Sum insured:** The maximum amounts of cover up to which the **insurer** will pay as stated in the **schedule**.

**United Kingdom:** England, Wales, Scotland, Northern Ireland, Channels Islands and the Isle of Man.

Waiting period: The 90 days immediately following the start date in which benefits are not payable should you be diagnosed with a female cancer during this period.

**We, us, our, insurer:** Antares Managing Agency Limited for and on behalf of Lloyd's Syndicate 1274.

You, your: The insured person(s) as named on the schedule who on the start date must be at least 1 year old and not yet have reached the age of 60.

## What's covered?

This policy will pay out the **diagnosis benefit** stated in the table of benefits if **you** are diagnosed with a covered **female cancer** during the **period of insurance** and after the **waiting period** has passed. This must be **your** first diagnosis of cancer in **your** lifetime. This **benefit** will be paid once only.

If we pay you a diagnosis benefit, we will also pay you the income benefit stated in the table of benefits. We will pay the monthly amount from the date of your diagnosis for 12 months, or until you die, if this happens earlier. There is no income benefit for children.

If we pay you a diagnosis benefit, we will also pay you a hospital benefit as stated in the table of benefits for every day you spend in hospital. This must be for treatment or surgery directly related to your female cancer. We will do this during the two years following your diagnosis. We will pay the daily hospital benefit for up to 100 days in total (they do not have to be consecutive).

We will pay a surgery benefit as stated in the table of benefits if you require surgery directly related to your female cancer during the two years following your diagnosis. This benefit will be paid once even if multiple surgeries are required.

Child benefits are paid according to the table of benefits.

You must live permanently, meaning at least 185 days in any policy year, in the United Kingdom to receive benefits under this policy.

## **Table of Benefits:**

## 1. Insured Person

Diagnosis benefit £6,000

- Hospital benefit (max. £100 per day

100 days)

- Surgery benefit £3,000

- Income benefit (max. 12 £500 per month

months)

2. Child

Diagnosis benefit £3,000
 Hospital benefit (max. £50 per day

100 days)

- Surgery benefit £1,500

## What's not covered?

- 1. We will not pay benefits for female cancer if you:
  - a. knew that you had female cancer before the start date of your policy;
  - b. have already been diagnosed in the past with any cancer:
  - c. have female cancer, are diagnosed as having female cancer, or have any tests which lead to diagnosis of female cancer, during the waiting period. In these circumstances we will cancel your policy and refund any premiums you have paid:
  - d. are diagnosed with cancer of a female organ where the same condition was diagnosed as benign during the three years before the start date of your policy. We will pay if you have been medically declared free of the condition for a period of three years;
  - e. are diagnosed with a **female cancer** histologically classified as any of the following:
    - i. pre-malignant
    - ii. non-invasive
    - iii. in-situ cancer
    - iv. having borderline malignancy
    - v. having low malignant potential
  - f. have any pre-existing condition;
  - g. have been diagnosed with HIV and/or AIDS;
  - h. have a dependency on and/or abuse alcohol or drugs;
  - have not survived a period of 30 days from the medical diagnosis of female cancer;
  - j. have lived outside the **United Kingdom** for more than 180 **days** in any **policy year**, unless **we** have agreed cover;
  - k. fail to fulfil any obligation required by this policy;
  - are diagnosed with a female cancer after your 65<sup>th</sup> birthday;
  - m. are diagnosed with a **female cancer** as a result of:
    - i. war, invasion, act of foreign enemy, hostilities or a warlike operation or operations (whether war be declared or not), civil war, rebellion,

- revolution, insurrection, riot, civil commotion assuming the proportions of or amounting to an uprising, military or usurped power;
- ii. ionising radiation or radioactive contamination from nuclear waste or the radioactive, toxic, explosive or other dangerous properties of explosive nuclear equipment, nor accidents connected with chemical or biological materials in any form.

## **General Policy Conditions**

## Age Limit

**You** must be under the age of sixty-five (65) years at the time the **Period of Insurance** commences.

## Residency

You must be a permanent resident in the United Kingdom at the time the Period of Insurance commences. If You change Your permanent residence to a country outside of the United Kingdom during the Period of Insurance, You must notify Us as soon as practicable.

## Contracts (Rights of Third Parties) Act 1999

A person who is not a party to this **Policy** has no right under the Contracts (Rights of Third Parties) Act 1999 to enforce any term of this insurance contract but this does not affect any right or remedy of a third party which exists or is available apart from this Act.

## Claims Co-operation and Access to Records

You shall co-operate with Us in the review of a claim and provide Us and Our designated representatives with all information, documentation and medical information We may require as may be necessary for the purpose of reviewing the claim and You shall provide upon Our request all authorisations necessary to obtain Your medical records that We may require as may be necessary for the purpose of reviewing the claim.

#### **Cyber Clarification Clause**

We will pay for any covered loss, damage, liability, cost or expense caused by a **Cyber Act** or **Cyber Incident**, subject always to the Policy's full terms, conditions, limitations and exclusions.

## **Right to Medical Examination**

**We** have the right to have **You** examined by a physician or vocational expert of **Our** choice and at **Our** expense as often as may be necessary for the purpose of reviewing the claim.

## Interest

No sum payable under this **Policy** shall carry interest.

## **Limitation of Liability**

In no case shall **Our** liability in respect of any claim by **You** exceed the largest sum insured stated in the Schedule of

Benefits to be read in conjunction with **Your Insurance Schedule**.

## **Premium Adjustment**

If the premium is calculated on a declaration basis **You** shall within one (1) month of the expiry of this **Policy** provide the premium adjustment information required by **Us**.

## The GDPR and Data Protection Act 2018

For the purpose of providing this insurance and handling of claims or complaints, **We** may need to transfer certain information which **You** have provided to **Us** to other parties. Any information **You** have provided will be dealt with by **Us** in compliance with the provisions of the **GDPR** and Data Protection Act 2018.

## Sanctions, Export and Exchange Control Clause

We shall not be deemed to provide cover and shall not be liable to pay any Claim or provide any benefit hereunder to the extent that the provision of the cover, payment of the Claim or provision of the benefit would expose Us to any sanction, prohibition or restriction under United Nations, resolutions or the trade or economic sanctions, laws or regulations of the European Union, United Kingdom or United States of America and Australia.

## **Duty to comply**

The **insurer** will only be liable to make any payment under this policy if **you** have at all times complied with the terms and conditions of this policy.

## Jurisdiction

The law applicable to this contract is the law of England and Wales. Each party agrees that the Courts of England and Wales shall have exclusive jurisdiction in respect of any dispute which may arise out of, or in connection with, this policy or any claim.

## Payment of premium

The monthly premium is shown in **your schedule**. It increases as **you** get older and **you** move into the next premium age band. Premiums are to be paid monthly by **you** throughout the **period of insurance**. If **we** do not receive payment of the first premium by the **premium due date** the policy will be treated as if it had never started. If **you** pay one or more premiums but then fail to pay any premium after that on the **premium due date**, **we** have the right to cancel the policy from the date the premiums have been paid up to.

The **insurer** may alter premiums to reflect any changes in IPT (a tax levied by the UK government on the value of insurance premiums), provided **we** give **you** at least 30 days written notice of the change.

## Transferring the policy

**You** cannot transfer the cover or **benefits** of this policy to anyone else without the **insurer's** written consent.

## Misrepresentation

In deciding to accept this policy and in setting the terms and premium, we have relied on the information you have given us. You must take care when answering any questions we ask by ensuring that all information provided is accurate and complete.

If **we** establish that **you** deliberately or recklessly provided **us** with false or misleading information **we** will treat this policy as if it never existed and decline all claims.

If **we** establish that **you** carelessly provided **us** with false or misleading information it could adversely affect **your** policy and any claim. For example, **we** may:

- treat this policy as if it had never existed and refuse to pay all claims and return the premium paid. We will only do this if we provided you with insurance cover which we would not otherwise have offered;
- amend the terms of your insurance. We may apply these amended terms as if they were already in place if a claim has been adversely impacted by your carelessness;
- reduce the amount we pay on a claim in the proportion the premium you have paid bears to the premium we would have charged you; or
- cancel your policy in accordance with the right to cancel condition below.

If **you** become aware that information **you** have given **us** is inaccurate, **you** must inform the **plan administrator** as soon as practicable.

## When cover ends

Unless this policy is cancelled earlier by **you** or by **us** cover will continue as long as **you** continue to pay the premiums.

**Your** cover under this policy will end automatically;

- on the first day of the month following your 65<sup>th</sup> birthday (if you have a family policy, the policy will remain in place for partner/children aged under 65);
- if you do not pay a premium on the premium due date;
- if you or we cancel the policy;
- if you no longer live in the United Kingdom;
- on the date you are diagnosed with a covered female cancer. Benefits will continue to be paid to you as a result of the diagnosis but you no longer have to pay premiums;
- if you die.
- In relation to child cover, this will end on the child's 18<sup>th</sup> birthday, or their 23<sup>rd</sup> if they are in full-time education.

## Glossary of medical terms

**Histology/Histological**: Refers to the study of the microscopic anatomy of cells and tissues.

**In situ / non-invasive cancer:** Cancer where cells remain in the original location rather than invading surrounding tissues.

**Malignant:** Refers to the ability of the cancer cells to spread to invade other parts of the body and destroy tissue.

**Metastasis:** Spreading of cancer cells from one organ or tissue to another. Cancer cells usually spread through the blood or the lymph system.

**Oncologist:** A consultant who specialises in treating people with cancer.

**Pre-malignant** / **Pre-cancerous:** Cells that have not yet turned into cancer and hence are not included under the definition of **female cancer**.

**TNM classification**: The TNM system is a tool for doctors to stage different types of cancer based on certain standards. Each cancer is assigned a letter or number to describe the tumour, node, and metastasis.

- T stands for tumour. It's based on the size of the original (primary) tumour and whether it has grown into nearby tissues
- N stands for node. It tells whether the cancer has spread to the nearby lymph nodes
- M stands for metastasis. It tells whether the cancer has spread to distant parts of the body