

# CANCER SURVIVORSHIP CHECKLIST

## What You Need to Know When You Have FINISHED TREATMENT



This checklist provides an overview of important information and actions to help you manage your health after you have completed treatment for cancer.

### CARE PLAN

- Ask for a written treatment summary and care plan for me and my primary care provider. This should include what my treatment was and plans for future tests and visits.
- Discuss with my health care team important topics, including:
  - What recovery from my treatment will be like,
  - Any physical or emotional concerns I still have after treatment ends,
  - Short- and long-term treatment side effects and actions to take when symptoms arise,
  - Screening for recurrence or for new cancers,
  - Diet, exercise, or other health recommendations.
- Have plan clearly explained by a member of my oncology care team so that I can understand it.

### HEALTH CARE

- Discuss with my oncology team who will manage my care after treatment ends – a member of the oncology team, my primary care physician, or both together using the care plan.
- Discuss how my care will be coordinated with my primary care doctor. Ensure my primary care provider understands required follow-up care specific to my diagnosis and treatment.
- Schedule all necessary appointments and get copy for reference.

### EMOTIONAL/MENTAL HEALTH

- Discuss my emotional or psychological concerns (including anxiety, depression, or other worries).
- Ask for support or counseling for emotional, sexual, or relationship issues.
- Identify support groups or patient advocacy groups where I can get support.

### FINANCIAL HEALTH

- Discuss financial concerns with my care team, especially if financial concerns may make it difficult for me to follow my post-treatment care recommendations.
- Ask for resources for financial support, if needed.
- Discuss any concerns regarding getting or keeping health insurance.
- Request information regarding my rights under the Family and Medical Leave Act (FMLA). This also applies to my caregivers.
- Discuss whether I am facing any problems at work or school as a result of my treatment.
- Discuss whether I am dealing with any discrimination.

For additional questions, please visit [www.canceradvocacy.org/checklist](http://www.canceradvocacy.org/checklist)

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