

# 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.

### Local contact information:

### 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.

### CAREGIVER(S)

- Ask how a caregiver can get help or training if needed to care for me at home.



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For more information on cancer treatment and survivorship, contact the Comprehensive Cancer Control Program, NC Cancer Prevention and Control Branch at <https://publichealth.nc.gov/chronicdiseaseandinjury/cancerpreventionandcontrol/index.htm> or your local cancer center. Go to [www.facs.org/search/cancer-programs](http://www.facs.org/search/cancer-programs) for information on your local cancer center.



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