This checklist provides an overview of important information and actions to help ensure you are receiving the care that is best for you. This checklist also provides suggestions for key information and questions to ask when you have been diagnosed with cancer or are receiving treatment for cancer.

**SHARED DECISION-MAKING**
- Discuss any medications I am taking and how they will interact with my treatment.
- Schedule all necessary appointments and get a 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**
- Ask for information about the costs of treatment.
- Discuss financial concerns with my care team if financial concerns may make it hard to follow my treatment plan.
- Ask for resources for financial support, if needed.
- Discuss any concerns regarding getting or keeping health insurance.
- Talk to my employer or school if I need to take time off.
- 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 that may get in the way 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.

**HEALTH CARE**
- Ask if I will need someone to drive me to the treatment(s) and ask for help if transportation is an issue.
- Discuss diet, exercise, or other health recommendations.
- Discuss any concerns regarding getting or keeping health insurance.

For additional questions, please visit [www.canceradvocacy.org/checklist](http://www.canceradvocacy.org/checklist) or call 1-877-622-7937.

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