



COMMUNICATING WITH YOUR HEALTHCARE TEAM: SURVIVORSHIP

PRIMARY HEALTHCARE PROFESSIONAL CONTACT
FOR SURVIVORSHIP CARE

Name _____

Phone _____

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Visit www.LLS.org/WhatToAsk for the full Communicating With Your Healthcare Team series and printable question guides.

The mission of The Leukemia & Lymphoma Society (LLS) is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Find out more at www.LLS.org.

TIPS FOR COMMUNICATING WITH YOUR HEALTHCARE TEAM

- Keep a list of your questions in a designated notebook and take it with you to all appointments.
 - Reach out to your healthcare team if you feel like a question cannot wait until your next appointment or a concern causes you anxiety.
 - Use a calendar app on your mobile phone (or other method) to remember all of your follow-up appointments.
 - Keep your healthcare team up-to-date. Share any new diagnoses, symptoms, medications, pregnancy or plans to conceive, or changes to your wellbeing. Share any changes to your health insurance coverage and contact information, too.
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- All cancer survivors should receive a written survivorship care plan. If you have not been given one, talk to your healthcare team.
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SURVIVORSHIP CARE PLAN CHECKLIST

- Which members of my healthcare team will be responsible for which aspects of my follow-up and survivorship care?
 - Who can answer my questions between appointments? How do I contact this person?
 - Does my survivorship care plan include maintenance therapy? If so, what is the proposed maintenance therapy, and how long will I receive it? (Not all patients will receive maintenance therapy.)
 - What are the signs or symptoms that may indicate a relapse or recurrence?
 - What are possible late- and long-term side effects of the treatment I received?
 - What can I do to manage these side effects?
 - What can I do to promote wellbeing during survivorship?
 - Is there an online portal where I can access and view my medical information?
- Work with your healthcare team to compile a list of
- ☐ Healthcare providers
 - ☐ Diagnosis and treatment information
 - ☐ Follow-up appointments
 - ☐ Ongoing monitoring plans
 - ☐ Possible late- and long-term side effects
 - ☐ Health and wellness lifestyle recommendations

To collect all the information you need throughout diagnosis, treatment, follow-up care and long-term management of a blood cancer, visit www.LLS.org/SurvivorshipWorkbook to view *Navigating Life During and After a Blood Cancer Diagnosis*. There is a version of the workbook for adults, young adults and children/adolescents.