

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.

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



LEUKEMIA &
LYMPHOMA
SOCIETY®

COMMUNICATING WITH YOUR HEALTHCARE TEAM: SURVIVORSHIP

PRIMARY HEALTHCARE PROFESSIONAL CONTACT
FOR SURVIVORSHIP CARE

Name _____

Phone _____

Email _____

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.

All cancer survivors should receive a written survivorship care plan. If you have not been given one, talk to your healthcare team.

QUESTIONS TO ASK YOUR HEALTHCARE TEAM

- 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 patient portal I can access to view my information? If so, how do I access it?

SURVIVORSHIP CARE PLAN CHECKLIST

Work with your healthcare team to compile a list of

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|--|--|
| <input type="checkbox"/> Healthcare providers | <input type="checkbox"/> Ongoing monitoring plans |
| <input type="checkbox"/> Diagnosis and treatment information | <input type="checkbox"/> Possible late- and long-term side effects |
| <input type="checkbox"/> Follow-up appointments | <input type="checkbox"/> Health and wellness lifestyle recommendations |

Visit www.JourneyForward.org or <https://oncolife.oncolink.org/> for examples of survivorship care plans.