

# **5 Helpful Steps to Take When You Find Out You Have Cancer**

## **1. Think about how you want to use your time and energy.**

- This helps you make choices and plans.

## **2. Get organized.**

- If you work, ask your HR department for a copy of your benefits.
- Get copies of your full disability and health insurance policies (specifically ask for the full insurance policy, not just the summary, to prepare for any future issues.)
- Keep a journal of each appointment and phone call about your care. Note who was there, what was discussed, and any important details.

## **3. Create a support system.**

- When friends and family offer help, let them assist you.
- They can come with you to appointments, take notes, and manage paperwork like treatment details and bills.

## **4. It's okay to ask for help when you have questions.**

- Your medical team can help with health questions.
- For other questions, talk to your HR or benefits person at work, a union steward, a social worker at your hospital or clinic, or a clergy member.
- You're not alone, and many people can help you find answers.
- Social workers at your clinic are a good source for information on community resources and can assist with financial grant applications.

## **5. Talk with your loved ones about your wishes.**

- Fill out a health care directive form to make your preferences clear.
- Make sure that your loved ones know where important documents, such as your health care directive, will, and power of attorney, are located.



**CANCER LEGAL CARE**  
LAWYERS ON YOUR CANCER CARE TEAM

**For help, call (651) 917-9000 or visit us at [cancerlegalcare.org](http://cancerlegalcare.org)**