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.

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. There is a version of the workbook for adults, young adults and children/adolescents.

To view Navigating Life During and After a Blood Cancer Diagnosis, visit www.LLS.org/SurvivorshipWorkbook.

COMMUNICATING WITH YOUR HEALTHCARE TEAM:
NEWLY DIAGNOSED

PRIMARY CONTACT AT DOCTOR’S OFFICE
Name ________________________
Phone ________________________
Email ________________________

24-HOUR EMERGENCY CONTACT
AT DOCTOR’S OFFICE
Name ________________________
Phone ________________________
TIPS FOR COMMUNICATING WITH YOUR HEALTHCARE TEAM

Be prepared and organized.
• Keep a list of your questions in a designated notebook and take it with you to all appointments.
• Take notes during appointments.
• Collect contact information and business cards from all of your healthcare providers.
• Sign the appropriate papers to allow your providers to speak with your caregiver.

Keep your healthcare team informed and up-to-date.
• Share your medical records and lab results with all of your providers.
• Always tell your healthcare team about any new or worsening symptoms.
• Give your healthcare team a list of all medications, vitamins and supplements.
• Take notes during appointments.
• Keep a list of your questions in a designated notebook and take it with you to all appointments.

Do not be afraid or embarrassed to ask for more information or clarification.
• Ask the doctor to slow down or explain things in another way.
• Request written information about your diagnosis, treatment plan, and possible side effects.
• Take a caregiver or loved one with you to appointments as an extra set of ears.

QUESTIONS TO ASK YOUR HEALTHCARE TEAM

Know who to contact if you have questions between appointments.
• Know who to contact if you have questions between appointments.

• Take a caregiver or loved one with you to appointments as an extra set of ears.
• Request written information about your diagnosis, treatment plan, and possible side effects.
• Ask the doctor to slow down or explain things in another way.

Do not be afraid or embarrassed to ask for more information or clarification.
• Update your healthcare team if your insurance coverage or contact information changes.
• Give your healthcare team a list of all medications, vitamins and supplements.
• Always tell your healthcare team about any new or worsening symptoms.
• Share your medical records and lab results with all of your providers.
• Keep your healthcare team informed and up-to-date.

Sign the appropriate papers to allow your providers to speak with your caregiver.
• Collect contact information and business cards from all of your healthcare providers.
• Take notes during appointments.
• Keep a list of your questions in a designated notebook and take it with you to all appointments.

Be prepared and organized.