

# Beginning the Fight: A Checklist

(This form can be downloaded from [www.warriorstance.com](http://www.warriorstance.com).)

- STAY OFF THE INTERNET (or at least limit yourself to reputable websites .gov, .edu. Or .org are usually safe. .com, .biz, .net are commerce sites)
- Get a 2" ring binder, and a three-hole punch, and put some lined paper in there and dividers with pouches to hold scrap papers and paper receipts. Make sections for:
  - **Emergency Contacts.** At least three in descending order of preferred contact.
    - Name
    - Numbers
    - Email
    - Street Address
    - Relationship
  - **Medical power of attorney, DNR, and other medical/legal documents**
  - **Medical History**
  - **Test Results**
  - **Receipts**
- Download the forms at [www.warriorstance.com](http://www.warriorstance.com) or make your own.
- Contact your cancer center's nurse navigator and get a name and number if they haven't assigned you one already.
  - \_\_\_\_\_
  - Make an appointment if one hasn't been made for you already.
- Write down the names of all doctors you have, specialty and phone numbers.
- Notify your primary medical doctor if they weren't the ones who informed you of the diagnosis. Ask them what resources they can provide you.
- Calendar of all appointments scheduled and that you've had including ER and urgent care visits.
- Write down the names of all current medications you take, doses, and time of the day you take them.
  - Make sure you know how long a supply of each medication you have on hand. Never fall below a week.
  - Arrange for less expensive substitutes and generics if needed.
  - Make sure you have adequate refills, as you may have a hard time getting back to your primary care doctor for medications.

- Write down all your diagnoses INCLUDING the type of cancer you have and stage.
- Write down your date of cancer diagnosis.
- Write down all allergies--both medication and what happens.
- Notify your employer if you have one and as you feel appropriate.
- Notify your Human Resources office.
  - Get a single name of a contact \_\_\_\_\_
  - Contact's phone number (direct) \_\_\_\_\_
  - Review your company policy on sick leave, short-term disability, FMLA, and so forth.
- Make an appointment to review your healthcare policy with your wingman present. Take notes. Write down the name and number of the person who reviewed it with you. (Get a business card from them if you can.)
- Notify your Long-Term Disability Insurance carrier of your diagnosis and ask them to review your benefits. Again, have your wingman present. Take notes. Write down the name and number of the person who reviewed it with you. (Get a business card from them if you can.)
- Contact your pharmacy, let them know your diagnosis, and ask them to review your medications for areas of cost savings. In some cases medications may have to be modified or discontinued during care.
- Make your budget:
  - Set out your current expenditures
  - Set your target budget
  - Identify resources (be creative if need be)
  - First identify "Easy" cost savings areas
  - Then look at "Bigger" decisions and get the information needed to make them
  - Enlist help as needed
- Determine who your "Day of Procedure or Surgery" people are going to be and stick with that. Have at least one backup person, preferably more. They are the only ones to go into the pre-op areas with you for surgeries.
- Pain management statement to your wingman: "If I seem as if my use of pain management medications is becoming a problem, you have my irrevocable permission to call my doctor and inform them of your concern so that they can discuss it with me."
- If you have a faith community that you think you want to reach out to, notify your faith leader with the information you want to share (i.e., "cancer" or "specific cancer," etc.), the type of help you would like (prayers, extra hands, etc.), and the contact person for you.

- Set aside one day on a regular basis for you and your S.O. to reconnect romantically. Literally write it down. \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- Fill the car with gas and keep it above half a tank.
- STAY OFF THE INTERNET!