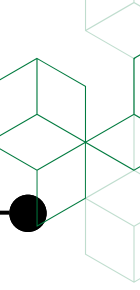


FERRARO
LAW

10 THINGS TO ORGANIZE AFTER DIAGNOSIS

Use this list to stay prepared, reduce stress, and keep everything important in one place as you begin treatment.





1. YOUR MEDICAL INFORMATION FOLDER

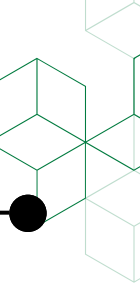
- Diagnosis details
- Staging information
- Treatment plan
- Contact info for all doctors
- Copies of medical records and test results

2. MEDICATION & SUPPLEMENT LIST

- Current prescriptions
- Dosages and times
- Over-the-counter meds
- Vitamins/herbals (share with your doctor)
- Allergy list

3. APPOINTMENT CALENDAR

- Upcoming scans, treatments, and lab work
- Follow-up appointments
- Transportation arrangements
- Reminders for prescription refills



4. INSURANCE & FINANCIAL DOCUMENTS

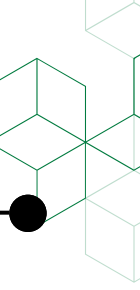
- Insurance card & policy
- EOBs (Explanation of Benefits)
- Copies of bills and receipts
- Prior authorizations
- Contacts for your insurance rep or employer benefits office

5. EMERGENCY INFORMATION

- Main doctor's office number
- After-hours/emergency contacts
- List of symptoms that require urgent attention
- Local hospital info

6. A SUPPORT & CAREGIVING PLAN

- Primary caregiver contact
- Who can help with meals, rides, childcare, errands
- A shared calendar for family/friends
- Boundaries and communication preferences



7. SYMPTOM & SIDE-EFFECT TRACKER

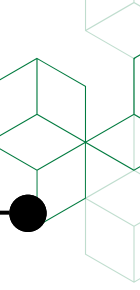
- Daily notes on fatigue, pain, nausea, appetite, mood
- Breathing or coughing changes
- Triggers or patterns
- Questions to bring to your next appointment

8. ADVANCE PLANNING DOCUMENTS (OPTIONAL BUT HELPFUL)

- Healthcare proxy
- Living will or goals-of-care notes
- HIPAA authorization for loved ones
- Someone you trust to help handle paperwork

9. HOME COMFORT & SAFETY SETUP

- Clean, organized space for rest
- Air quality improvements (filters, smoke-free area)
- Easy access to medications, water, and essentials
- Comfortable seating and bedding
- Items to support energy conservation (grabber tool, pill organizers, etc.)



10. EMOTIONAL WELLNESS TOOLKIT

- A journal or notebook
- Meditation or breathing apps
- Support group information
- Contact list of friends/family for emotional check-ins
- A daily routine that includes rest, nutrition, and gentle movement