



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.



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Clear Information. Compassionate Support.

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