
Working with your care teams **AFTER DIAGNOSIS**

You've just been told you have cancer. You may be wondering—**what now?** Your Medical Home Team and your Oncology Team will help you every step of the way. Here's how to work with them to stay as well as possible.

Your Medical Home Team

Your Medical Home Team treats your health problem and helps you manage symptoms and side effects. **Team members get to know you and your family** over time, and they care about your values and choices. Team members may include doctors, nurses, psychologists, pharmacists, care coordinators, and social workers.

Your Oncology Team

If you have cancer, you will have an oncology team as well. These cancer experts include doctors, nurses, and social workers.

Know who does what

Your Medical Home Team and your Oncology Team have different jobs. It can be hard to know who does what. **Here are some questions to ask your Medical Home Team that will help you figure it out.**

On the chart below, write down the team member's name and the best way to reach them. Then keep the chart handy so you can turn to it in the days to come.



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	Medical Home Team	Oncology Team
Who will help me if I feel sick, and I don't know if the cancer has come back?		
Who will help me get a second opinion?		
Who will help me manage long-term side effects of treatment?		
Who will help me find more help (support groups, rides, ways to pay for treatment)?		
Who should I talk to when I feel angry, depressed, or anxious?		
Who will tell me about other ways to stay well (nutritional supplements, meditation, acupuncture)?		

Remember—your Medical Home Team and your Oncology Team are here to help. Ask your team these questions, and any others you might have throughout your care experience.