
Working with your care teams

AFTER TREATMENT

Once you are done with cancer treatments, your Medical Home Team will handle most of your care. You will still need to see your Oncology Team for routine follow-up care. Make sure your Medical Home Team gets the data from these visits.

Follow-up care plan

It's a good idea to have a follow-up care plan. Your Medical Home Team and Oncology Team should work together to create it. The follow-up care plan may include:

- Schedule of routine tests, exams, and treatments
- Long-term problems that treatments may cause
- Signs that cancer may have come back
- Ways to stay well (diet, exercise, coping with feelings)

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.