

## What to do amid a new diagnosis

Learning that you or someone you love has a new diagnosis is never easy. It's hard enough to process the difficult news, let alone next steps. You may quickly find yourself intimately involved in care, and called upon to handle critical decisions or care tasks. Unsure of where to start? Our Care Coordinators have put together a few tips and recommendations on where to begin.

### Get organized

Gather important paperwork and set up the necessary legal and financial documents if necessary. Be sure to store this info for easy access, and make sure that at least one other person knows where to find it. You can keep this info safe on your Wellthy Care Dashboard.

- ✓ Insurance cards
- ✓ Medical records
- ✓ Contact list
- ✓ Medication list
- ✓ Will
- ✓ Living Will
- ✓ Power Attorney
- ✓ Healthcare Proxy

### Be informed

Learn about the disease or condition, and all it entails. Medical terminology can be intimidating, so speak up about unfamiliar terms. Sometimes we forget to ask "what does that mean?". Asking for clarity will allow you and anyone involved in care to feel confident in what's going on.

- ✓ Understand treatment options
- ✓ Be aware of potential side-effects
- ✓ Identify potential impacts on daily life
- ✓ Assess care needs (full in-home care, physical therapy, counseling, etc.)

### Take care of yourself

Caring for a loved one is rewarding but also stressful, even for the most resilient people. It often comes with exhaustion, worry, and stress - potentially leading to caregiver burnout. Don't forget to look after your own needs!

- ✓ Eat well and drink lots of water
- ✓ Meditate, exercise, and get plenty of rest
- ✓ Join a support group or consider counseling
- ✓ Look into respite care options

### Ask for help

Lean on other family members and/or support systems. Allowing others to help can take some of the pressure off and allow you to also care for yourself. People want to help, so don't be afraid to lean on others for additional support.

- ✓ Hold regular family meetings
- ✓ Delegate daily activities and chores
- ✓ Tap into local resources and programs
- ✓ Lean on your Wellthy Care Coordinator

## Relief is near

Wellthy Care Coordinators know the ins and outs of the system, so you don't have to. For those tricky administrative and logistical tasks related to care, you can lean on Wellthy for support. Whether it's vetting specialists, hiring in-home support, locating support groups, handling insurance questions, or something else complex, your Care Coordinator is here to help. To get started, visit [join.wellthy.com/exelixis](https://join.wellthy.com/exelixis)