

The Survivor's Edit

Printing and Usage Guide

Thank you for downloading the After the Diagnosis Printable Resources. These worksheets are designed to be printed and used as you navigate appointments, treatment, insurance, and the practical details that can come with a cancer diagnosis.

WHAT'S INCLUDED

- Questions for My Doctor
- Medical Contact List
- Medication and Supplement List
- Appointment and Scan Tracker
- Insurance Information
- Insurance Call Log
- Personal Support List
- My Support Team
- Medical Binder Checklist
- This Printing and Usage Guide

HOW TO PRINT

1. Open the worksheet you would like to print.

All worksheets are formatted for US Letter size (8.5 × 11 inches).

2. Open the PDF using a PDF reader, such as Adobe Acrobat Reader.

3. In your printer settings, select:

- Portrait orientation
- Actual Size or 100% scale
- High-quality or best-quality printing, if available

4. Print on standard white printer paper.

For a sturdier worksheet, use a heavier paper or lightweight cardstock.

You may also print the file through a local print shop or an online printing service.

PLEASE NOTE

These resources are digital files. No physical items will be shipped.

Colors may vary slightly depending on your screen, printer, paper, and ink settings.

These files are intended for personal use only. You may print additional copies for your own use, but the files may not be copied, shared, resold, redistributed, or used commercially.

These worksheets are intended to provide practical and organizational support and are not a substitute for medical, legal, financial, insurance, employment, or mental health advice.

NEED HELP?

If you have trouble accessing or printing your files, please contact The Survivor's Edit at thesurvivorsedit@gmail.com