

The Survivor's Edit

Medical Binder Checklist

*Keep important medical information organized and easy to find.
Start with the documents you need most. You can add to your binder over time.*

Quick-Access Information

- ☐ Medical contact list
- ☐ Medication and supplement list
- ☐ Insurance cards and copies of photo ID
- ☐ Emergency contact information
- ☐ Current diagnoses, conditions, and allergies

Insurance and Financial Records

- ☐ Insurance call log
- ☐ Explanation of Benefits statements
- ☐ Medical bills and payment receipts
- ☐ Prior authorization documents
- ☐ Insurance appeals and correspondence
- ☐ Financial assistance applications
- ☐ Transportation or lodging receipts, if needed

Personal and Support Information

- ☐ Support contact list
- ☐ Work leave or accommodation documents
- ☐ Advance directive or medical power of attorney
- ☐ Care preferences and important personal notes
- ☐ Local and national support resources

Diagnosis and Treatment

- ☐ Pathology and biopsy reports
- ☐ Imaging and scan reports
- ☐ Laboratory results
- ☐ Treatment plan and schedule
- ☐ Treatment summaries
- ☐ Surgery or procedure reports
- ☐ Hospital discharge instructions
- ☐ Genetic or biomarker testing results

Appointments

- ☐ Appointment and scan tracker
- ☐ Questions for my doctor
- ☐ Notes from appointments
- ☐ Referral and authorization information
- ☐ Preparation instructions for tests or procedures
- ☐ After-visit summaries

Binder Supplies

- ☐ Sturdy binder
- ☐ Tab dividers
- ☐ Sheet protectors
- ☐ Folder or envelope for receipts
- ☐ Notebook or lined paper
- ☐ Pen and highlighter

Helpful reminder: Keep original legal documents in a secure location and place copies in your binder.

Avoid carrying documents containing sensitive personal information unless you need them for an appointment.