

# SURVIVORSHIP CARE PLAN FOR YOU

When you have completed your treatment we would like to provide you with your Survivorship Care Plan.

## Your Care Plan includes:

- Your Treatment Summary which describes your diagnosis and the cancer treatment you received. It gives you a record of your cancer treatments that you can share with other providers.
- A schedule for follow up visits and testing.
- Details of possible short and long-term side effects.
- Preventative measures to keep you healthy and ways to manage emotional health.
- Resources to become active in your survivorship.

If you have completed your active treatment within the past 12 months, even if you are still receiving anti-hormonal therapy, and would like to schedule a time to review and receive your Survivorship Care Plan, please contact:

Stephanie Challis, BSN, RN  
Survivorship Nurse Navigator  
Stephanie.challis@pennmedicine.upenn.edu  
610.738.2314

[ChesterCountyHospital.org](http://ChesterCountyHospital.org)