

Prepare For Your Visit

Your care team will include you in your treatment decisions and be sure that you understand how to manage your care.

This guide will assist you to share what is important to discuss during your visit.

- What am I most concerned with today?
- What emotional concerns do I want addressed at my appointment?
- What physical concerns do I want addressed at my appointment?
- What questions do I have for my care team?

Health History Updates:

- Are my health history and medicines accurate in the MyChart patient portal*?
- If any, what changes do I need to communicate?

Medicines:

- What questions do I have about my medicines?
- Do I need any refills?

Symptoms:

- Do I want to discuss any pain, discomfort, fatigue, or other symptoms?
- How long have I felt this way?
- Is any of this new for me?

Treatment:

- What questions do I have about my treatment?
- What questions do I have about any recent tests?
- What questions do I have about my blood/lab work?

For more information on other areas, such as those below, please ask your care team, explore cinj.org and visit our onsite resource library.

Cancer Education | Clinical Trials | Community Outreach | Fertility Preservation |
Financial Concerns | Genetic Testing | Medicine / Pharmacy | Nutrition |
Patient Relations | Social Worker | Spiritual Support | Tobacco Cessation

*There are several ways to register for a MyChart account

- Visit: mychart.rwjbh.org
- Clinic staff can help sign you up directly while you're at the front desk or in the exam room.
- You will receive a MyChart activation code on your After Visit Summary you can use to sign up.
- You will receive a text or email with an activation code you can use when you come in for a visit.

Remember What Was Discussed

During your visit we want to partner with you to get your questions asked and answered. We have found if you bring a family member or friend it may help you remember important details about your visit.

- Date of visit:
- Who I spoke with:
- Visit details and notes:
- Have you discussed your care plan? If yes, with whom?
- What changes, if any, were made to your treatment or medication?
- What are the next steps?

Enroll in/visit your 'My Chart' patient portal to personalize your health journey, send a message to your doctor if needed and more. Through MyChart, you can access lab results*, medical records and appointment information. **Please note that at times, lab and test results are added to MyChart before the healthcare provider has a chance to review them. Please communicate with your care team regarding when and how lab and test results will be reviewed and how that information will be shared with you.*

Helpful Insurance Hints:

- Please come to your visit prepared to show us your most recent insurance card.
- Rutgers Cancer Institute is an outpatient hospital-based setting.
- Before seeing any specialist, make sure your primary care physician (if your insurance company requires one) has completed a referral.