

[TRACK 7: CONCLUSION]

Conclusion

[Narrator]

In summary, learning good negotiating skills is an important part of dealing with cancer. These skills can help you to get the medical care you prefer, clear up disagreements with insurers, and protect your legal rights. Those skills include information gathering, effective communication, holding to your values, setting personal limits, controlling your emotions, and a willingness to see more than one solution to any problem. Review this program to sharpen your negotiation skills. These skills will lead to successful negotiations not only with your cancer concerns, but in every area of your life.

[Narrator]

As a final note, please refer to the booklet that came with the Cancer Survival Toolbox for a list of nationwide resources specifically for cancer survivors. Two organizations you may want to contact are:

- The National Coalition for Cancer Survivorship, which has free booklets on remaining hopeful after a cancer diagnosis, advocating for yourself and others, working with your health care team to make sure your needs are met, navigating insurance issues, and understanding your employment rights. NCCS can also provide you with information on cancer survivorship issues. The NCCS number is 1-888-650-9127, or visit www.canceradvocacy.org; www.c.a.n.c.e.r.a.d.v.o.c.a.c.y.org.
- The Patient Advocate Foundation's help line at 800-532-5274, for personalized assistance for many insurance, employment, and financial issues.

[Narrator]

This is the end of the Cancer Survival Toolbox program entitled "Negotiating." You may want to listen to other Toolbox programs, such as "Communicating," "First Steps for the Newly Diagnosed," and "Standing Up for Your Rights."