



# TOOLKIT FOR PLANNING TO OUTSMART CANCER

A TOOLKIT FOR LIFE AFTER A CANCER DIAGNOSIS

This brochure is intended for general audiences only and does not address individual circumstances. It is not a substitute for professional medical advice. No recommendations regarding cancer diagnosis or treatment are provided. Readers should not rely on this brochure for making health care decisions. When it comes to a serious illness like cancer, your personal physicians know the specifics regarding your health. They are most qualified to provide the answers you need to make informed decisions about your care. Transamerica Resources, Inc does not provide tax, legal or medical advice.

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# CHECKLIST

The following five steps will help guide you when working with a financial professional to create a financial strategy after receiving a cancer diagnosis.

## 1. UPDATE THE ESTATE PLAN

Ensure you and the financial professional have a complete view of your assets, how they are managed, and their estimated value.

### This includes:

- Real estate
- Investments and brokerage accounts
- Retirement plans
- Household items

### You may also want to :

- Organize and review essential estate planning documents with an estate planning professional
- Review with an attorney how property is titled
- Determine if updates are needed for:
  - Wills
  - Trusts
  - Beneficiary designations
  - Review all family documents (divorce papers, adoption papers, etc.)



## 2. IDENTIFY ALL INCOME SOURCES

Review your income sources, insurance policies, and bank accounts. It is vital to know all account logins, passwords, and the location of all important documents. Identify a trusted delegate with whom you can share this personal information.

### A. Income:

- Employment income
- Pensions
- Veterans benefits
- Annuities
- Social Security
- Social Security Disability Income (SSDI)
- Supplemental Security Income (SSI)
- Retirement accounts (IRA, 401(k))
- Reverse mortgage
- Other income (e.g., rental property)



#### **B. Insurance:**

- Review health insurance policy to better understand covered benefits, deductibles, copayments, and anticipated out-of-pocket expenses. Budgeting for out-of-pocket health-related expenses is important for income planning.
- Life insurance
- Long term care insurance
- Medicare
- Medicare Part D prescription drug coverage
- Medicare Advantage Plan
- Medigap (Medicare supplement)

#### **C. Bank accounts:**

- Checking
- Savings
- Certificates of deposit

#### **D. Important documents:**

- Titles and deeds
- Beneficiary designations
- Trust documents
- Power of Attorney (finances)
- Power of Attorney (health care)
- Standard will
- Living will/medical directives
- Birth certificate
- Passport
- State ID/driver's license
- Social Security card
- Marriage license
- Vehicle registration

### **3. COMMUNICATE YOUR INTENTIONS**

Giving your loved ones peace of mind about your intentions is a wonderful gift. By carefully organizing your finances now, you serve the current and future needs of your family. There is another important professional you should add to your team. Select a trusted and experienced financial professional to help fulfill your financial intentions; they are the most qualified to represent your interests. Finally, it's important to have a conversation with your spouse or trusted delegate to share your wishes and discuss how to ensure they are fulfilled.

#### **A. Consider asking yourself:**

- Who do you want as the agent, or Durable Power of Attorney, to make decisions if you are no longer able?
- Where do you want to live if the disease progresses (in-home hospice, inpatient hospice, nursing home, etc.)?

#### **B. Consider working with a family law attorney to:**

- Create a Power of Attorney for finances
- Create a Power of Attorney for health care
- Create an advance directive regarding health care and end-of-life decisions



#### **4. ENSURE FINANCIAL OBLIGATIONS ARE BEING MET**

While engaged in cancer treatment and recovery, your personal health is your first priority. Bills and other details can get lost in the shuffle, so it's important to work with your financial professional to ensure finances are properly managed and all bills are being paid on time.

- Ensure whoever you appoint as Durable Power of Attorney is authorized to speak with your financial professional
- Consider working with a daily money management service
- Consider looking into the Social Security Representative Payment Program
- Ensure that whoever is appointed as Durable Power of Attorney is a trusted person who understands what it means to be a fiduciary in this role; a fiduciary is legally bound to place the interests of the person in need ahead of his or her own

#### **5. DISCUSS CARE MANAGEMENT**

Work with a financial professional to discuss how to finance your cancer care. Also, talk about:

- Whether home modifications are necessary if you choose to stay in your residence as long as possible
- Working with a home health care manager
- Local transportation and other community services

# RESOURCES

To help make more sense of these complicated matters, we've provided other online resources in the “Financial Considerations” section in *Planning to Outsmart Cancer - A Field Guide to Life After a Cancer Diagnosis*.

## 1. PERSONAL INTENTIONS & LEGACY

**American Board of Medical Specialties (ABMS)**  
312-436-2600  
[abms.org](http://abms.org)

**American Association of Trust, Estate and Elder Law**  
[aateela.org](http://aateela.org)

**American Society of Clinical Oncology (ASCO)**  
888-651-3038  
[cancer.net](http://cancer.net)

**CancerCare**  
800-813-HOPE (800-813-4673)  
[cancercares.org](http://cancercares.org)

**Caregiverlist®**  
[caregiverlist.com](http://caregiverlist.com)

**CaringBridge**  
[caringbridge.org](http://caringbridge.org)

**Circle of Sharing™**  
[circleofsharing.cancer.org](http://circleofsharing.cancer.org)

**National Cancer Institute (NCI) Cancer Information Service**  
800-4-CANCER (800-422-6237)  
[cancer.gov](http://cancer.gov)

**Transamerica's Guide to Guardianship, Powers of Attorney, and Advance Health Care Directives**  
[transamericaadvancedmarkets.com](http://transamericaadvancedmarkets.com)





## 2. INCOME & INSURANCE

### **HealthWell Foundation**

healthwellfoundation.org  
800-675-8416

### **Medicaid.gov**

medicaid.gov/medicaid/program-information/medicaid-and-chip-eligibility-levels/index.html

### **Medicare Hotline**

800-MEDICARE (800-633-4227) or  
877-486-2048 (TTY)

### **Partnership for Prescription Assistance (PPA)**

888-4PPA-NOW (888-477-2669)  
pparx.org

### **Patient Advocate Foundation**

800-532-5274  
patientadvocate.org

### **Social Security Administration**

ssa.gov

### **Social Security Disability Insurance**

ssa.gov/disabilityssi

### **Supplemental Security Income**

ssa.gov/disabilityssi/ssi.html

### **U.S. Department of Veterans Affairs (VA)**

800-827-1000 or 800-829-4833 (TDD)  
benefits.va.gov/benefits

### **“What’s Medicare Supplement Insurance (Medigap)?”**

medicare.gov/supplement-other-insurance/medigap/whats-medigap.html

## 3. SAVINGS & OTHER ASSETS

### **American Association of Daily Money Managers**

aadmm.com/findDMM.php

### **Cancer Financial Assistance Coalition**

cancerfac.org

### **Estate Map (online asset organizer tool)**

estatemap.com

### **Social Security Representative Payment Program**

ssa.gov/payee/index.htm

### **US Department of Health and Human Services**

#### **Financial Assistance**

healthfinder.gov/FindServices/SearchContext.aspx?Topic=315



**Cancer affects the whole family. Several leading national organizations offer additional resources to help provide support for caregivers and children.**

## FOR CAREGIVERS

**American Cancer Society**

[cancer.org/treatment/support-programs-and-services.html](https://cancer.org/treatment/support-programs-and-services.html)

**ACS Cancer Helpline (24/7)**

800-227-2345

**American Society of Clinical Oncology**

[cancer.net/coping-with-cancer/caring-loved-one](https://cancer.net/coping-with-cancer/caring-loved-one)

**National Cancer Institute (NIH)**

[cancer.gov/about-cancer/coping/caregiver-support](https://cancer.gov/about-cancer/coping/caregiver-support)

**1-800-4-CANCER**

## FOR CHILDREN & TEENS

**American Cancer Society**

[cancer.org/treatment/children-and-cancer/when-a-family-member-has-cancer.html](https://cancer.org/treatment/children-and-cancer/when-a-family-member-has-cancer.html)

**CancerCare Online Support Groups**

[supportgroups.cancer.org](https://supportgroups.cancer.org)

**MD Anderson Cancer Center**

[mdanderson.org/publications/cancerwise/2013/04/when-a-parent-has-cancer-helping-teens-and-kids-cope.html](https://mdanderson.org/publications/cancerwise/2013/04/when-a-parent-has-cancer-helping-teens-and-kids-cope.html)



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## Make every day count.

To learn more about Transamerica's Planning to Outsmart Cancer materials:



**Visit:** [transamerica.com](https://transamerica.com)



**Contact:** Your Financial Professional

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