



Coping With a New Medical Diagnosis

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1-855-959-7340
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In The Spotlight...

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You've just learned from your doctor that you have an illness or disorder that will change your life at least for a time, perhaps forever.

What now?

First considerations

- If you have any doubts at all, **get a second expert opinion.**
- **Listen carefully and do what the doctor says.** Bring in a list of your questions. Take notes.
- **Knowing what to expect** can help you prepare for treatments that are new to you. Ask your doctor how the drugs you take will work and what side effects you can expect. Make sure you understand what your test results mean.
- **You may want to bring a trusted family member or friend to your initial consultations** to help you understand information shared there.
- **Give yourself some “down time” to take in the news.** Whatever you are feeling is normal. Feelings of denial, fear, anger, guilt, anxiety, confusion and grief are all normal feelings.
- **If you will need to take time off from work, talk to your employer.**
- **Consider the expenses.** Calculate what will be covered by your health plan.
- **Surround yourself with the support of loved ones.**
- **Think about counseling.** The skills that counselors can teach can help you cope with lots of the challenges of your illness.
- **You may want to find support from others who have the illness.** Ask your doctor about support groups.
- **Learn all you can about the disorder.** You can do this by reading books, going to lectures and talking to your doctor. Know when to seek help.
- Now, more than ever, you need to **take care of yourself** with enough sleep, healthy food and relaxation.

Connecting Members to Healthy Living