



FIGHT CANCER DIFFERENTLY. WITH DATA.

THE BATTLE PLAN

Your guide to walking into the appointment prepared. Five moves. Work them top to bottom.

01 BEFORE YOU WALK IN → STEP 01

- ☐ Bring someone with you — a second set of ears changes the conversation.
- ☐ Write your questions down before you go.
- ☐ Know your diagnosis date and have your records ready.

02 KNOW YOUR ENEMY → STEP 02

- ☐ Cancer type, stage, and grade.
- ☐ The full list of testing terminology synonyms (genomic sequencing, molecular profiling, biomarker testing, next-generation sequencing).

03 KNOW WHAT THE TESTS REVEAL → STEPS 03 – 04

- ☐ Ask about FDA-approved targeted treatments for your mutations.
- ☐ Ask about clinical trials matched to your molecular profile — this is Step 04, the pivotal move. Your mutation is your key.
- ☐ Get a copy of the full report — not a summary, the actual report.

04 KNOW THE COST → STEPS 03 – 04

- ☐ Confirm insurance coverage for testing.
- ☐ Confirm insurance coverage for targeted treatment.
- ☐ Ask about patient assistance programs.

05 NEVER STOP ADVOCATING → STEP 05

- ☐ Find a doctor who practices personalized medicine.
- ☐ Use your right to a second opinion.

THIS CHECKLIST IS THE SEQUENCE CODE, IN YOUR HAND

01 Get Educated · 02 Get Sequenced · 03 Decode Your Report · 04 Find A Trial · 05 Find Support

I AM MY OWN BEST ADVOCATE! SEQUENCE ME!



WHEN THEY PUSH BACK

They may not offer it. You have to ask. If they say no, ask again — and bring the words with you. Here's exactly what to say.

SCRIPT 1 *Requesting sequencing*

I want my tumor genomically sequenced to understand its molecular drivers. What testing options are available? Will this inform targeted treatments or clinical trials? Is there a lab or service you recommend?

SCRIPT 2 *When they say no*

I understand that personalized medicine can help me access treatments tailored to my cancer's unique mutations. I want to explore all available options — including clinical trials.

SCRIPT 3 *When insurance pushes back*

Insurance approval is more likely if my doctor orders the test and documents that I have advanced-stage cancer, am pursuing further treatment, and haven't had this type of genomic test before. If coverage is denied, we can explore financial assistance programs.

✓ **STAY ORGANIZED**

- ☐ Keep every report, scan, and note in one folder — paper or digital.
- ☐ Write down the date, the question you asked, and the answer you got.
- ☐ Track who said what, and when. You are building your own record.

→ **RESOURCES**

Find our current list of patient advocacy groups, trial-matching partners, and educational tools at sequencemenow.org.

“You have a voice in your care. Use it.”

— Bryce Olson, Founder