

## "100 Bead" Catch-Up Process Help Sheet

**Starting your strand-** As a new Beads of Courage member you will receive:

- Your first name in beads, a BOC logo bead, and a string.
- Your first set of beads symbolizes your past treatments. For your "Catch-Up" beads, please tally up all your past treatments. For every 100 total treatments we will give a "100 Bead" (we do round up) and we will give **one** colored bead for each treatment category included in the tally.
  - We encourage you to estimate. On the request form, just submit the total tallies and we will do the math. We also do not need to know the dates of treatments.
  - If you would rather not tally up all your past treatments, you can opt to receive a "100 Bead" for every year spent in treatment.
- Any surgery beads to recognize all your past surgeries.
- One Act of Courage bead and one Special Accomplishment bead. We ask that
  you provide a description for each Act of Courage and Special Accomplishment
  bead requested in the comments section of the request form to help us select
  these beads for you.

\*If you would like all past beads, you can sponsor them through the <u>Bead for Bead</u> Program.

## Adding to your strand-

As you go through treatment, you will receive a bead for every treatment according to our Bead Prescription. You should plan to keep a tally of all the beads you earned. We suggest carrying the Bead Prescription with you to your appointments or keeping it at your bedside if you are in the hospital. You can submit your tallies on the online request form every month or two as needed! Continue to add a description for any Act of Courage or Special Accomplishment beads earned in the comments section of the request form. We suggest you tie the strands together as it grows. There is a section on the request form for strings if you need additional stands.