

HEALTHCARE APPOINTMENT CHECKLIST FOR LONG COVID | COVID-19 |

This checklist is designed to help patients and caregivers get the most out of appointments with healthcare providers for Long COVID.

Before the Appointment



- List your healthcare providers**
If visiting a new healthcare provider, ask the new provider's office if they need paperwork signed so your medical records can be sent to them directly.
- Write down your health history**
Prepare a journal or list describing all of your past or current symptoms, how they have affected your daily activities, and anything that made them feel better or worse.
- List your current medications**
Make a list of medications and supplements you are currently taking.
- Write down questions for your healthcare provider**
Think about and make a list of questions to ask your healthcare provider. Identify which questions are a priority for you (in case time is limited).
- Talk to a family member or friend**
Consider discussing your appointment with a family member or friend to assist with transportation or help remember your conversation with your healthcare provider.
- What to expect**
Your provider could be a doctor or other type of healthcare professional and may ask questions and run or order tests to determine a diagnosis and plan for treatment. It may take more than one appointment to evaluate and diagnose your Long COVID symptoms.

During the Appointment



- Bring/share your health history**
Be sure to talk to your healthcare provider about how your symptoms have changed over time and how they have affected your daily activities.
- Bring/share your list of medications and supplements**
Be ready to discuss whether any of your medications or supplements have helped you feel better.
- Bring/share your list of questions**
Bring your list of prepared questions to your healthcare provider. Ask your most important questions first (in case time is limited).
- Know your next steps**
Carefully listen to and answer all of your provider's questions. Make sure you understand the next steps, such as tests, follow-up, referrals, and future appointments.
- Ask for a summary**
Ask for an appointment summary. If needed, ask your provider to write down, print out, or email any instructions, medication names, or diagnoses.

After the Appointment



- Track your appointments**
Make appointments for follow-ups with your provider, referred specialists, or diagnostic testing facilities. Record the appointments and tests in both your calendar and your caregivers' calendar.
- Work with your healthcare provider and seek support**
Contact your provider's office with any additional questions or clarifications and follow your provider's instructions to the best of your ability. Reach out to recommended support groups.
- Document your experiences**
Continue to record and update your symptoms, conditions, and medication list, so you can refer to updates or changes during your next appointment.



For more information on Long COVID, visit:

<https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>

