

# Preparing to Discuss Post-COVID Conditions with a Healthcare Provider | COVID-19 |

Assessible version: <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/post-COVID-appointment/index.html>

If you think you or a loved one may have a post-COVID condition (new or persistent conditions occurring 4 or more weeks after initial infection with SARS-CoV-2, the virus that causes COVID-19), taking a few steps to prepare for your meeting with a healthcare provider can make all the difference in getting the proper medical evaluation, diagnosis, and treatment. You play a vital role in helping healthcare providers understand your or your family member's symptoms and how they affect your daily life.

## BEFORE YOUR APPOINTMENT



**Prepare a list of your current and past healthcare providers and your current and past medical conditions**, especially if you are seeing a new healthcare provider for the first time.



**Prepare a brief summary** that summarizes your experience with COVID-19 and post-COVID conditions. For example, write down a list of the symptoms you think started after your COVID-19 infection:

- when your post-COVID condition symptoms started and the date of onset of original COVID-19 illness and/or positive COVID-19 test, if known
- a list of prior treatments and diagnostic tests related to your post-COVID symptoms (blood work, x-rays, etc.)
- what makes your symptoms worse
- how the symptoms affect your activities, including challenges that effect daily living, working, attending school, etc.
- how often symptoms occur.
- how you have been feeling
- try to describe examples of your best and worst days. Select your most important issues (sometimes referred to as “chief complaints”) and write them down



**Prepare a list of medications and supplements you are taking.** Most healthcare providers will ask you to provide this information at each appointment. Bringing your list with you will help keep track.



**Consider discussing your appointment with a trusted family member or friend** immediately before and after you see your healthcare provider. This person can help you take notes and remember what was discussed at the appointment while it's still fresh in your mind. If your healthcare provider's office policy allows it, consider bringing them to your appointment with you.

The provider you meet with could be a doctor, nurse, nurse practitioner, physician assistant, or other type of healthcare professional. It may take more than one appointment to evaluate potential post-COVID symptoms and determine an accurate diagnosis to better manage and treat your symptoms. Your provider may ask questions about your medical history, current symptoms, and quality of life. Depending on your symptoms, they may run tests to determine a diagnosis and plan for treatment.

Healthcare providers are still learning about post-COVID conditions. CDC continues to work to determine how common these long-term effects are, who is most likely to get them, how long the symptoms typically last, and whether symptoms eventually resolve. A website to increase providers knowledge of post- COVID conditions can be found at <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/post-covid-conditions.html>.



**For more information on post-COVID conditions, please visit**  
<https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects.html>.