

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:
www.cdc.gov/long-covid/about/index.html

