

## Tips for Navigating Medical Appointments with Long COVID

Going to a doctor's appointment is stressful, and it can be even more challenging because of the range of symptoms you are experiencing. You may have a lot on your mind before you get there: frustration from waiting weeks or months for the appointment, concerns about being believed and supported by the provider, feeling overwhelmed with recalling the details of your medical history, stress from the logistics of getting to an in-person appointment, and more. Preparation ahead of time can help you feel more comfortable and ready for your appointment.

### Before a provider visit:

- **Ensure your medical records are complete.** Confirm that all relevant medical records, including lab results and imaging, are available in your medical record before your appointment. If needed, request copies from other providers in advance or bring in paper copies.
- **Identify your needs.** What do you need to feel prepared? Do you need support getting to the visit? Organizing your calendar or concerns? Help with follow-up on medications, insurance needs, or making appointments?
- **Identify the top 1-2 concerns** you want to share with this specific provider. Name the concern and include 1) anything you have noticed that makes the concern better or worse and 2) how the concern impacts your quality of life.
  - *Brain fog: worse when I have pushed too hard during the day or when I am trying to deal with multiple things at once. Better when I have time to be alone in a quiet environment. It makes it hard to remember what tasks I have to do for my kids or understand paperwork for my work leave.*
- **Write down questions** you may have for the provider ahead of time so you don't have to remember them during your visit.
- **Bring a list of all the medications,** supplements, and treatments you are currently using, including over-the-counter options.
- **Contact the scheduling staff** in advance if you need any disability accommodations or requests (like the provider wearing a mask) that will help you make the most of your visit.
- **Consider bringing a trusted person with you** to the appointment. This can be a friend, family member, colleague, or a peer from any communities you belong to. Your trusted person can help you with taking in information or advocating for you.

### After a provider visit:

- **Ask for an after-visit summary** with the recommendations discussed. Ask your provider for the best way to contact them if you have follow-up questions.
- **Don't lose hope** if your appointment does not go as well as expected. You can communicate with your provider after the appointment to clarify points, voice concerns, or exchange information.

## Communicating with Your Providers

These tools from The Bateman Horne Center & the BIDMC Post-Covid Recovery Program can help you prepare for medical visits and communicate with your healthcare team.

### Health Assessment Worksheet

A printable tool to track your most troublesome symptoms, medication use, pacing strategies, and goals. This helps you organize your thoughts before appointments.

[Link to Health Assessment Worksheet](#)

[Link to Sample Long Covid Organizer](#)

### How to Communicate with Your Provider

A patient guide offering practical tips on sharing your story, preparing for appointments, and advocating for yourself during medical visits.

[Link to Practical Tips](#)

## Tools to Share with Providers

These resources are trusted, comprehensive, and updated guidance for providers treating Long COVID.

- [CMSS Long COVID Resource Repository](#)
- [AAPMR Long COVID Physician Resources](#)
- [BHC CLINICAL CARE GUIDE: Managing ME/CFS, Long COVID & IACCs](#)
- [IACI Provider Manual](#)

### What else do you find helpful?

Let us know through the [Tips and Tricks for Navigating Care Appointments with Long COVID](#) form or by QR code!

