

Tips for Navigating Medical Appointments with Long Covid

Going to a doctor's appointment can be stressful and made 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 of waiting weeks or months for the appointment, concerns about being believed and supported by the provider, feeling overwhelmed recalling the details of your medical history, stress from the logistics of getting to the appointment itself, and more. Preparation ahead of time can help you feel more comfortable and ready.

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. Make a note of anything you have noticed that makes these concerns better or worse, and how these concerns impact 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 try to remember them at the moment.
- **Bring a list of all the medications,** supplements and treatments you are currently using, including over-the-counter options.
- **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 that can act as a second set of eyes and ears in the room.
- **Contact the scheduling staff** in advance if you need any disability accommodation or requests (like provider masking) that will help you make the most of your visit.
- **Ask for an after-visit summary** with the recommendations discussed. Ask them the best way to contact them if you have follow up questions.

Communicating with Your Providers

These tools from The Bateman Horne Center 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 Worksheet](#)

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.

[Practical Tips](#)

Tools to Share with Providers

The 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 at [this link](#) or by via QR code!

