

Tips for Navigating Medical Appointments with Long COVID

Going to a doctor's appointment is stressful, on top of living with the range of symptoms you are experiencing! You may have a lot on your mind before you even have the appointment:



... and more! Preparation ahead of time with some of these tips can help ease the burden of stress going into appointments.

Before a provider visit, it can be helpful to **write or print out** the following:

- The **top 1-2 concerns** you want to share with this specific provider. Identify 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**.



- *Example: Brain fog: 1) 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. 2) It makes it hard to remember what tasks I have to do for my kids or understand paperwork for my work leave.*



- **Questions** you may have for the provider, so you don't have to remember them during visit.



- A **list of all medications**, supplements, and treatments you are currently using, including over-the-counter options.



Before a provider visit, consider **asking for support**:



- Let the scheduling staff know in advance if you need **disability accommodations** or have other requests 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**.

Consider what else you need to feel prepared. Do you need support getting to the visit? Organizing your calendar or concerns? Help with medication follow-up, insurance needs, or making appointments?

During or after your provider visit, ask if your provider how you can **access their notes** or if they can share a **written summary** of any interventions or plans discussed.

Lastly, **don't lose hope** if your appointment does not go as well as expected. You can communicate with your provider afterwards to clarify points, voice concerns, or exchange information.

What else do you find helpful? Let us know through the [Tips and Tricks for Navigating Care Appointments with Long COVID](#) form or with the QR code!

