

Healthcare Appointment Checklist for Post-COVID Conditions | COVID-19 |

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

This checklist is designed to help patients and caregivers get the most out of appointments with healthcare providers for post-COVID conditions.

Before the Appointment

- ☐ Ask the new provider's office if they need **paperwork** signed so your medical records can be sent to them directly.
- ☐ Keep a **journal or a list** for a week or two to document your activities, symptoms, their severity, and anything that made you feel better or worse.
- ☐ Prepare a brief **report** that summarizes your experience and symptoms and describes your best and worst days.
- ☐ Make a list of your **current medications/supplements**.
- ☐ Make a list of **questions to ask your healthcare provider**. Identify which ones are a priority for you (in case time is limited).
- ☐ Make a **plan for remembering** your conversation with your healthcare provider — e.g., taking notes or bringing a friend.
- ☐ If needed, arrange **transportation** to your appointment.

During the Appointment

- ☐ Tell your provider the most important **symptoms or issues** you'd like to discuss.
- ☐ Answer the **provider's questions**.
- ☐ Share your **medication/supplement list**.
- ☐ Discuss your **level of activity**.
- ☐ **Ask your own questions**, starting with your priorities and issues.
- ☐ Make sure you understand the **next steps**, such as tests, follow-up, referrals, and future appointments.
- ☐ Ask for an **appointment summary**. If needed, ask the provider to write down or print out any instructions, medication names, or diagnoses.

After the Appointment

- ☐ **Make appointments** for follow up.
- ☐ **Record future appointments**, including tests, in your calendar. If others will go with you or drive you to future appointments, make sure the appointments are on their calendars too.
- ☐ Follow your **provider's instructions** to the best of your ability.
- ☐ Contact your provider's office with any **questions or clarifications**.
- ☐ Continue to record symptoms and keep your **journal**, so you can refer to updates or changes during your next appointment.
- ☐ Update and keep track of **medications and supplements**.



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