



Long COVID Appointment Guide

Before the Appointment

If you are seeing a new provider, send your records to their office prior to your appointment if you can.

Make a List of Your Health History and Symptoms

Make a list of your symptoms to help your doctor properly diagnose you. List your old symptoms, current symptoms and anything that makes them worse. Make note of the symptoms that are bothering you most. Include how they impact you or your activities for the day(s).

Make a List of Current Medications and Supplements

List every medication or supplement you take daily, weekly, as needed.

Talk Through Your Appointment

Consider talking about your appointment with a family member or friend to help you remember things to ask. Arrange transportation if you need to from a family member or friend.

Questions

Bring a list of questions that you want to talk about during this appointment. Prioritize them to be sure you have time for the most urgent. See the list of suggestions on page 2.

What to Expect

Your provider will ask questions and order tests to determine a diagnosis. You may need to come back for more appointments to review symptoms, or do more testing.

During the Appointment

Share Your Health History

Use the list you have made, and talk about your symptoms over time and how they might be changing. Be sure to mention how they affect your daily life, and what bothers you the most. Also talk about anything that helps.

Discuss Your Questions

Share your list of questions and start with the most important questions to you. If you are unclear about an answer be sure to ask more questions.

Know Your Next Steps

Carefully listen to the answers and if you need to take notes. Make sure you understand the next steps, including tests, referrals, and future appointments.

Ask for a Summary

Ask for an appointment summary. Your provider can print out or add a summary in electronic medical records.

After the Appointment

Schedule Appointments

Make appointments for follow-ups with your provider, specialists, or diagnostic testing facilities.

Get Support

Work with your healthcare provider and seek support from family or friends. Reach out to any recommended support groups. Contact your providers office with any additional questions or clarifications.

Track Symptoms and Medications

This is an important step to make sure your diagnosis is correct and you are getting the best treatment for your symptoms. Continue to track medications or supplements. Note any side effects from the new medications or anything that helps your symptoms.

Example Questions

General/Diagnosis

- How many patients with Long COVID do you treat?
- Based on my symptoms do you think I do have Long COVID?
- What other conditions should we rule out?

Symptom Specific

Fatigue

- What level of movement is safe for me?
- What should I avoid?
- Could my fatigue be post-exertional malaise?
- What medications or supplements can I take to help?
- Can you help me make a plan for daily activities?

Shortness of Breath

- Do you think my shortness of breath is from lungs, heart, or something else?
- Should I check oxygen levels at home?
- When should I seek urgent care?
- What medications or inhalers are recommended?

Heart Rate/Dizziness

- What else could these symptoms be from?
- What can I do at home to manage a fast heart rate?
- Do you think any of my current medications might make this worse?

Sleep/Mood/Mental Health

- What can I do for treating insomnia, anxiety or depression that will not make my fatigue worse?
- Are there local therapists, support groups, or rehab programs familiar with Long COVID?

Brain Fog/Memory/Concentration

- What can help with brain fog symptoms?
- Is it safe for me to drive, work or go to school with my current symptoms?
- What else can cause these symptoms?
- Do you recommend ruling out other conditions?
- Are any of my medications making them worse?

Headaches/Muscle and Joint Pain

- What can be causing this pain? What can I do to manage the pain?
- What limitations should I consider?
- When should we consider a referral to pain management or another specialist?

Follow Up Care

- What is the treatment plan for the next 6 months?
- How often should I follow up with you?
- Can we do telehealth/virtual for some visits?
- If my symptoms get worse when should I consider requesting work accommodations?
- Will you sign the paperwork for that request?

Requesting A Virtual Visit

- Explain your reason you need a virtual visit - transportation, mobility, schedule, symptoms, or anxiety.
- Emphasize the need to get care and stay on track with a care plan.
- Ask for a split visit - if parts of the visit can be virtual but some in person.



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