

After a Healthcare Provider Appointment for Post-COVID Conditions | COVID-19 |

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

If you have been diagnosed with a post-COVID condition or are waiting to hear back from your provider about a post-COVID condition diagnosis, reviewing your appointment notes and preparing for your next one can help you get the most out of your appointments.



Make Appointments



Record Appointments



Call Provider



Record Symptoms



Give Feedback



Track Medications



Share Test Results



Set Goals

AFTER YOUR APPOINTMENT

- **Make appointments** for follow up and any additional testing.
- **Record future appointments on your calendar.** Ask a friend or family member to put the appointment(s) on their calendars as well. Ask the provider's office if they will call or email you with an appointment reminder.
- If you are confused or don't remember something your provider said, **call the provider's office for clarification.**
- **Follow your provider's instructions** as closely as you can.
- **Continue to record symptoms in a journal,** if possible. Some people with post-COVID conditions find it helpful to include:
 - whether symptoms have improved
 - which treatments have improved symptoms
 - any side effects
 - any other new symptoms or changes
- Make a note to give your healthcare provider **feedback** about how recommended interventions have worked for you.
- **Write down** any issues you did not have time to talk about at the last appointment.
- **Keep track** of medications, vitamins, herbs, supplements, and over-the-counter drugs you take, using a current medications and supplements list.
- Remind your provider to **share any test results** if the expected window for receiving the results has passed.
- **Consider reviewing the Healthcare Appointment Checklist for post-COVID conditions before your next appointment.** Many instructions apply to follow-up appointments.
- Your provider may run tests that return normal results. This does not change the existence, severity, or importance of your symptoms or conditions. Healthcare providers and patients are encouraged to **set achievable goals through shared decision-making** and to approach treatment by focusing on specific symptoms or conditions.



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