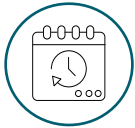


# After a Healthcare Provider Appointment for Post-COVID Conditions | COVID-19 |

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>.