



Long COVID:

Self-Advocacy Guide

Appointment Tips
& Medical History



Tips for your medical appointment

Preparing for your appointment

- **Keep a log of your symptoms with your “Daily Symptoms Tacker”** to bring with you to your appointment.
- **Write down your questions** ahead of time.
- **Bring someone with you.** It might be helpful to have another person listen and ask any questions you may have forgotten.
- **Create your “My COVID story”** (pg. 13). Your COVID story can help your provider see symptom patterns, so you can figure out what treatment works and what doesn't.
- **Bring the results of any tests that you may have already had done.** For example, chest scan (X-ray), EKG, etc. Test results can help providers understand the full picture in your recovery.
- **Prepare a list of information** you might need from your provider, especially for disability benefits or workplace accommodations. .Please note that you do NOT need to provide any documents regarding your immigration status.

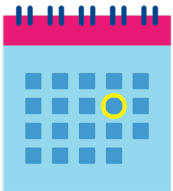
During your appointment

- **Take note of the provider's responses.** Write down or ask your physician to write down important information. Ask for an explanation or repeat your question if you don't understand the answer. If you would like something to be noted in your chart, let your healthcare provider know.
- **Create an action plan** with your provider. Communicate your personal health goals to your provider.

For more information, visit nyc.gov/AfterCare or call **212-268-4319** and press 4.

- **If you feel uncertain or uncomfortable** about recommendations from your provider you can ask for another recommendation or ask for a copy of your medical record. This is your health and you have a right to know.
- **Tell your provider** what documents you may need for disability benefits or workplace accommodations, and ask them to complete any necessary fields. Ask for contact information where you can follow up if required.
- **Ask for copies or a list of any referrals.** It can be helpful to bring your own copy to the next appointment. The list of referrals is often included in the “After Visit Summary”.

After your appointment



- **Schedule your next appointments.** This includes your follow-up appointments with your primary care provider, and specialist appointments.
- **Pick up any prescriptions.**
- **Continue to track your symptoms.** Keep a daily record of your symptoms to help you and your provider understand if you are feeling better or if you need additional support.
- **It's ok to get a second opinion.** You can speak with another primary care provider or ask the clinician at your next referral appointment.
- **Submit any paperwork** you need for disability benefits or workplace accommodations. Follow up with the agency or department that provided these forms if you need more information.

Questions to ask your healthcare provider

NOTE: If your provider does not seem to know about Long COVID or believe that you have it, you can always seek another provider to answer your questions. Your own feelings are the best judgment.

Symptoms

- What could be causing my symptoms? (Be specific about the symptoms you may have. Refer to your symptom log.)
- I've been hearing/reading about Long COVID. Are you aware of Long COVID? Is it possible that I have Long COVID?
- Are there any other symptoms I should be aware of?

Recommendations for recovery

- What do you recommend for patients who have Long COVID?
- What tests should/can I get?
- Are there alternative or complementary therapies that could help me? (i.e.: acupuncture, massage therapy, physical therapy)
- What changes do you suggest to improve my symptoms, recovery, and/or health? (i.e.: changes in diet, tobacco use, alcohol consumption, pacing, stress management)

Following up

- Are you aware of any support groups for Long COVID?
- Are there specialists (other doctors/experts) that I may need to see?
- What is the best way to get a medication refill?
- What is the best way to get in touch with your office if I need something? What is the best way to contact you?
- How often should I follow up with you?
- Do you have a patient portal (an online system for communicating with the care team, requesting refills, making appointments, viewing notes) that I can sign up for?



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MY HEALTH HISTORY (fill in applicable information)

.....
Primary care provider: Insert full name, speciality (if any), and phone number

.....
Specialists: Insert full name, specialty, and phone number

.....
Recent test results: Include a copy of your most recent labs (i.e. blood tests), imaging (i.e. MRI, CT scan), or EKG results here.

.....
COVID-19 treatment: List any medication you took or any treatment you received if you were hospitalized, or received during your first two weeks of symptoms if not hospitalized.



.....
Past medical history: Such as heart disease, high blood pressure, high sugar/diabetes, cancer, etc.

.....
Past surgical history: Please list history of procedures by date - not including dental work.

Procedure(s)

Date of procedure(s)



MY HEALTH HISTORY *(fill in applicable information)*

Social history:

- ____ hour(s) of exercise/fitness activities a day, ____ day(s) a week
- Smoke ____ pack(s) of cigarettes or e-cigarettes per day **rarely/sometimes/a lot**
- ____ drink(s) that contain alcohol per week
- ____ cup(s) of coffee per day, ____ cup(s) of caffeinated tea per day
- Diet or dietary restriction(s):

- Other substances, such as cocaine, heroin, methamphetamine, or pills that were not prescribed to me:



Home medications: (taken by mouth/nose, or injected, etc.)

Prescription(s)

Over-the-Counter (herbs, supplements, etc.)

Allergies to medications:

ⁱ Incidence, co-occurrence, and evolution of long-COVID features: A 6-month retrospective cohort study of 273,618 survivors of COVID-19. Taquet M, Dercon Q, Luciano S, Geddes JR, Husain M, et al. (2021) Incidence, co-occurrence, and evolution of long-COVID features: A 6-month retrospective cohort study of 273,618 survivors of COVID-19. PLOS Medicine 18(9): e1003773. <https://doi.org/10.1371/journal.pmed.1003773>



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