

# Tackling Personal Health

A conversation checklist with your healthcare provider



**THE FOOTBALL PLAYERS  
HEALTH STUDY**  
AT HARVARD UNIVERSITY

## If you need a healthcare provider, visit:

[www.health.gov/myhealthfinder/doctor-visits/regular-checkups/choosing-doctor-quick-tips](http://www.health.gov/myhealthfinder/doctor-visits/regular-checkups/choosing-doctor-quick-tips)

[www.playerstrust.com](http://www.playerstrust.com) (Check website for eligibility)

## Tips:

1. Bring a friend or family member
2. Share your medical and family history
3. Be honest
4. Ask questions
5. Take notes

**Did you know?** Thinking or memory issues can result from high blood pressure, diabetes, sleep apnea, chronic pain, anxiety, and depression.

ASK ABOUT YOUR...	TO SEE IF YOU HAVE...	PREVENTION/ TREATMENT OPTIONS
<input checked="" type="checkbox"/> Blood Pressure	High blood pressure (Hypertension)	
<input type="checkbox"/> Blood sugar (HbA1c)	High blood sugar (Diabetes or prediabetes)	
<input type="checkbox"/> Cholesterol (LDL, HDL, total cholesterol)	High cholesterol (Hyperlipidemia)	
<input type="checkbox"/> Testosterone and urinary symptoms	Low testosterone, prostate issues	
<input type="checkbox"/> Sleep habits	Insomnia, sleep apnea, REM sleep behavior disorder, etc.	
<input type="checkbox"/> Pain	Chronic pain condition or neuropathy	
<input type="checkbox"/> Memory, thinking, concentration	Cognitive dysfunction	
<input type="checkbox"/> Feelings of sadness, worry, irritability, moodiness	Depression, anxiety	
<input type="checkbox"/> Weight	Weight issues or obesity	

**KEY:**

EXERCISE   
 DIET   
 MEDICATION   
 FINDING COMMUNITY   
 WEIGHT LOSS   
 LIFESTYLE CHANGES   
 THERAPY   
 COGNITIVE ACTIVITY

If you are in distress or require immediate emotional support, please contact one of these independent and confidential support systems:  
**NFL LIFE LINE:** Call (800) 506-0078 or chat online: [nflifeline.org](http://nflifeline.org)  
**National Suicide Prevention Hotline:** Dial 988 on your phone or chat online: [988lifeline.org](http://988lifeline.org)