

# 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)

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

## Tips:

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

<input checked="" type="checkbox"/> ASK ABOUT YOUR...	TO SEE IF YOU HAVE...	PREVENTION/ TREATMENT OPTIONS
<input 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: [nfllifeline.org](http://nfllifeline.org)

National Suicide Prevention Hotline: Dial 988 on your phone or chat online: [988lifeline.org](http://988lifeline.org)