

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

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 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

National Suicide Prevention Hotline: Dial 988 on your phone or chat online: 988lifeline.org