

# CHECKLIST FOR LIVING WELL NOW AND BEYOND

For most people living with pulmonary hypertension (PH), the pandemic significantly changed how they manage their disease and interact with their friends, family and PH care team. Some people have not been able to see their PH team (in-person or via telehealth) as frequently or easily as they did in the past. Less frequent visits can increase the risk of PH becoming worse.

Now that we are more than 1.5 years into the pandemic, many patients have asked how to re-connect with their PH team and resume more regular follow-up. This document provides guidance for a safe return to clinic. The key points are:

- 1. First and foremost, get vaccinated! Get your flu shot and COVID vaccine (and booster).**
  - 2. Ask yourself:** How long has it been since your last clinic visit? Longer than usual? Is it the same frequency as pre-pandemic or less frequent? *Usual visits with a PH team are at least every 3-6 months and can vary widely depending on how you're doing.*
  - 3. If it has been longer than usual, call your PH center and make a plan for follow up.** *It may be really important to be seen in person or maybe a combination of telehealth and clinic visits is right for you. Speak with your team to develop a plan.*
- If you feel worse or different, call your PH team right away. If your PH is worsening, it is important to sort things out as soon as possible. If you have COVID-19 or another illness, early treatments can help prevent a life-threatening situation.
  - Your PH team might not be able to offer a telehealth option, especially if you live in a different state than your clinic.
  - For in-person visits, feel free to ask your PH team what precautions the clinic is taking to keep people safe.
  - Think about the precautions you can take when going to clinic (or anywhere in public). Get vaccinated (get the booster!). Social distancing (avoid crowded places). Wear a mask. Wash your hands frequently. It all makes a difference!

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