

# REGISTRATIONS NOW OPEN FOR WORLD-LEADING LONG COVID RECOVERY PROGRAM

IF YOUR COVID-19 SYMPTOMS LINGER FOR MORE THAN 12 WEEKS POST INFECTION, YOU MAY HAVE **LONG COVID**.

## The Lowdown on Long COVID

Up to **30%** of people who have a COVID-19 infection may experience Long COVID, irrespective of the severity of their illness.\*

Chronic Care Australia (CCA) has developed a world-leading Long COVID exercise medicine program to improve the mental and physical health of people whose quality of life continues to suffer post COVID-19 infection.



## Enjoy Worldwide Access to CCA's World-Leading Exercise Medicine

Our award-winning Long COVID recovery [Virtual Care Clinic](#) can be accessed from the comfort and safety of your own home. Let us nurture you back to good health in our safe, online sanctuary.

All you need is access to Wi-Fi and a computer or smart phone.

## Could You Have Long COVID?

Long COVID is classified as having had COVID-19 symptoms extending for a period of 12 weeks or more.

### Symptoms include:

- ✦ Aching joints or muscles.
- ✦ Whole-body fatigue.
- ✦ Brain fog.
- ✦ Breathlessness.
- ✦ Sleep disturbances.
- ✦ Headaches and dizziness.
- ✦ Increases in poor mental health, including depression or anxiety.
- ✦ Reduced capacity for daily activities such as cooking, cleaning or showering.
- ✦ Chest pain or chest tightness. Irregularities in heart rate.



## How Can You Recover?

Engaging in regular exercise is thought to be highly beneficial in the management of physical and mental health. Prescribed exercise medicine benefits fatigue, breathlessness, cognition and mental health. It's the golden ticket to improving overall quality of life, perceived health and physical confidence.

*"Taking three doses of personally prescribed exercise medicine a week over 12 weeks allows us to monitor your physical and mental health and successfully manage your progression back to full function."*

— **Katie Stewart, co-founder and clinical lead, Chronic Care Australia.**

## How to Register

CCA has developed a simple post COVID symptom screening tool to help you find out if you are at risk of Long COVID.

If you have had COVID, book for this simple 20 minute review today. You will receive a report that helps you better understand your risk of Long COVID and connects you with appropriate support and services.

[chroniccare.com.au/longcovid](https://chroniccare.com.au/longcovid)

**BOOK YOUR POST-COVID REVIEW TODAY.**

Call +61 8 9385 1430 or email [hello@chroniccare.com.au](mailto:hello@chroniccare.com.au)

**\*REFERENCES:** *Spiral: Persistent symptoms following SARS-CoV-2 infection in a random community sample of 508,707 people (imperial.ac.uk); Long COVID - North Western Melbourne Primary Health Network (nwmphn.org.au)*



Reducing the burden of chronic conditions so all Australians can live well for longer.

New Purpose-Built Facilities — Cottesloe Medical Centre, 525 Stirling Hwy Cottesloe WA 6011

✦ (08) 9385 1430 ✦ [chroniccare.com.au](https://chroniccare.com.au) ✦ Virtual Clinic access available worldwide

# WHAT'S INVOLVED?

COMBATting THE EFFECTS OF LONG COVID STARTS WITH SURROUNDING YOURSELF WITH A STRONG, SUPPORTIVE, MULTI-DISCIPLINARY HEALTHCARE TEAM.

## PATIENT PATHWAY — LONG COVID PILOT PROGRAM

### 1. REFERRAL.

You can be referred to the program by your GP, specialist or self-refer. If you are unsure whether you have Long COVID, book a 20 minute virtual review and discuss the outcomes with your GP. If diagnosed, please progress to step 2 below.

### 2. INITIAL ASSESSMENT WITH CLINICAL SPECIALIST.

Cost: \$150-\$180\*

This one-on-one consultation with a qualified exercise physiologist includes a complete review of your whole health needs, medical history and any injury or secondary condition history, musculoskeletal and respiratory screening.

### 3. PROGRAM FAMILIARISATION.

This one-on-one session guides you through each step of your personalised exercise medicine program.

### 4. COMMENCE YOUR 12-WEEK PROGRAM.

Attend 1, 2 or 3 times per week (depending on your clinical needs). Virtual and in-clinic pricing options are available. Sessions are run in small groups (*maximum 6*).

### 5. REVIEW YOUR PROGRAM.

Reviews are conducted at 4, 8 and 12 weeks. These one-on-one sessions with your care coordinator give you an insight into your progress and allow for program optimisation.

12-week program prices vary depending on frequency. Costs start at \$75 per week. \*Private Health & Medicare Rebates apply.

Private Health & Medicare Rebates apply for one-on-one appointments & for Care Clinic programs. A referral to Oncore Nutrition for tailored nutrition can be arranged on top of the group sessions that are included in the program cost.

## HOW TO BE INVOLVED

To find out more or to register, scan the QR code below or go to

[chroniccare.com.au/healthcare-hub](https://chroniccare.com.au/healthcare-hub)

Enter your details and our reception team will be in contact to discuss and determine your eligibility.



HOVER YOUR PHONE OVER THE CODE TO ACTIVATE & CONNECT TO THE CHRONIC CARE HEALTHCARE HUB.



**BOOK NOW**



Quality services for remote and regional Australians.

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