



RECOVER

ENERGIZE

Are your physical or daily activities more challenging since a COVID infection? You may be able to join a research study on Long COVID.

Researchers are studying possible treatments for adults who have Long COVID, which is when a person has symptoms months after getting COVID. In this study, we are looking at personalized cardiopulmonary rehabilitation (a program to improve your ability to exercise) and structured pacing (a program to help you reduce symptoms of post exertional malaise or PEM). PEM is when symptoms worsen even after minor physical, mental, or emotional activity.

With your help, we can find ways to help improve daily functioning for people with Long COVID.

You may be a good fit for this study if:

- You are an adult who had COVID at least 3 months ago
- After having COVID, you now get:
 - shortness of breath or fatigue during physical activity or
 - worsened symptoms even after minor physical, mental, or emotional activity

What to expect:

If you decide to take part, you would be in the study for about 6 months.

During that time, you would:

- Participate in a 12-week study intervention or a control group
- Visit the study clinic up to 8 times
- Complete surveys and lab tests
- Wear an activity tracker daily
- Be paid for your time

Contact the study team: PI: Dr. Linda Peterson, MD
Study Coordinator: Madison Tucker
Phone Number: 314-273-6082
Email: madisont@wustl.edu



No health insurance is required

Learn more at trials.recovercovid.org/energize