

Disability applications are easier than you think!

In some cases, Long COVID qualifies as a disability—and many patients *need your help* with their applications.

Did you know: Social security benefits and programs can actually **help** a patient successfully return to work in the long run!



[LongCOVID-STL.org](https://www.longcovid-stl.org)



St. Louis
Long COVID
Initiative

Supported by WashU Medicine and the
St. Louis Integrated Health Network

How you can help

1. Write a good clinic note (see below)
2. If the patient needs paperwork filled out, schedule a clinic visit to do it together
 - a. Collaborate with a therapist or read therapy notes for supporting data
 - b. Keep a copy of the completed form for your office records

What to document in your clinic note

- All Long COVID symptoms, severity, & chronicity
- Supporting physical exam signs & test results
- Related impairments & impact on the patient's ability to perform their job duties:
 - Sitting, standing, walking, lifting
 - Understanding, remembering, completing tasks
 - Interacting with others, dealing with stress
- Estimated prognosis & recovery time course
 - For work policies: Better to underestimate capability to lower risk of inappropriate job loss
 - For social security: Condition must have lasted or be expected to last 12+ months

What you DON'T need to do

- Complete additional disability forms from lawyers
- Make the determination of disability or payment
- Write a separate letter of your professional opinion

For assistance completing paperwork, patients can contact:

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