



## Patient Journey Through the COVID-19 Recovery Program

- **Initial Screening**

A free screening is performed over the phone with a COVID-19 Recovery Program representative.

- **Physician Consultation**

If it is determined that additional tests or services are needed, we will schedule an appointment via telemedicine or in-person with one of our COVID-19 Recovery Program physicians.

- **Specialty Visits**

Based on the physician consultation, referrals may be made for further specialty care, such as referrals to physical rehabilitation therapists, pulmonologists, neurologists, cardiologists or gastroenterologists.

- **Connection to Program Navigator**

A program navigator will be available to assist every step of the way. The program navigator will monitor patient recovery and care; follow-up on lab work, tests, and appointments; and ensure the necessary support systems are in place to aid in the journey to recovery. This may include connections to mental/behavioral health support or other social services.

# Saint Peter's Healthcare System's COVID-19 Recovery Program



*The COVID-19 Recovery Program can help those suffering from long-term symptoms related to a COVID-19 diagnosis.*

## About the Program

- Saint Peter's COVID-19 Recovery Program provides access to streamlined multi-specialty care for individuals who have previously tested positive for or been diagnosed with COVID-19.
- The goal is to connect people suffering from ongoing symptoms of COVID-19 to timely, coordinated, and compassionate medical care.
- Patients will also receive help and support from a patient navigator on their road to recovery.

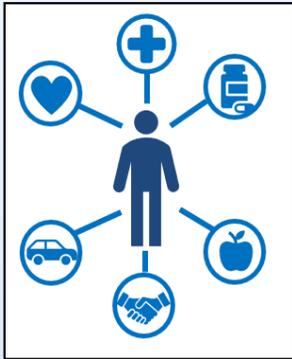
*"We want to help patients feel better by effectively managing any lasting effects of the disease. Our COVID-19 Recovery Program is designed to help streamline resources and services specific to the needs of our patients."*

— Dr. Nilam Srivastava

## We want to treat the person, not just the symptoms.

Our model is based on being compassionate, flexible, and creating a **holistic solution for patients**.

Every patient is different; thus, care plans need to be different too. Saint Peter's COVID-19 Recovery Program plans a **customized approach based on each patient's needs** – medically, emotionally, and socially – to pave the road to better health.



Working with patients' existing physicians, the experienced team at Saint Peter's Healthcare System tailors care and support to **streamline appointments, testing and follow-up**.



### Q: What is the COVID-19 Recovery Program?

**A:** This is a program offered by Saint Peter's Healthcare System that aims to help patients who are still experiencing complications AFTER recovering from COVID-19.

The COVID-19 Recovery Program connects long-term COVID-19 patients to care and support with medical teams that are experienced in treating COVID-19 patients.

### Q: How can the COVID-19 Recovery Program help me?

**A:** Our physicians have developed clinical protocols specific to post-COVID-19 symptoms and our care team works directly with the patient to create an individualized care plan to address medical, social and/or behavioral problems.

### Q: What are common long-term effects of COVID-19?

**A:** While the long-term effects of COVID-19 are not fully confirmed, some common symptoms or complications include:

- Heart issues
- Shortness of breath
- Stomach or digestion issues
- Chest pain
- Chronic fatigue and/or "brain fog"
- Depression, anxiety and other mental health issues
- Hair loss



### Q: How can I participate in the COVID-19 Recovery Program?

**A:** To participate in this program, contact the COVID-19 Recovery Program at

**732.745.8552**

or

**[COVID19Recovery@saintpetersuh.com](mailto:COVID19Recovery@saintpetersuh.com)**

Our program navigator will call you back to conduct an initial screening to determine your baseline needs and eligibility for the program.

For more information, please visit our website:

**[www.saintpetershcs.com/Services/COVID-19-Recovery-Program](http://www.saintpetershcs.com/Services/COVID-19-Recovery-Program)**

Contact Saint Peter's COVID-19 Recovery Program Navigator:

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