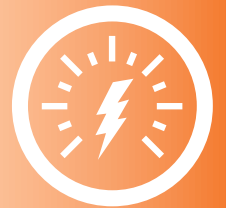




**Are your physical or daily activities more challenging since a COVID infection? You may be able to join a research study on Long COVID.**

## What is Long COVID?

Long COVID is when a person has symptoms months after getting COVID. Symptoms can include exercise intolerance (the need to stop physical activity due to shortness of breath and fatigue) or post-exertional malaise (PEM). With PEM, symptoms worsen even after minor physical, mental, or emotional activity.



## What is the study about?

The goal of the study is to find ways to improve the lives of people with exercise intolerance or PEM. With your help, we want to find out if personalized cardiopulmonary rehabilitation (a program to improve your ability to exercise) or structured pacing (a program to help reduce symptoms of PEM) can improve daily functioning.

With your help, we can better understand how COVID affects energy levels and find ways to help improve daily functioning for people with Long COVID.

## What makes me a good fit for the study?

- 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



No health insurance is required

Learn more at [trials.recovercovid.org](https://trials.recovercovid.org)



## What will I be asked to do as a participant?



Join the study for about 6 months



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 to find out if RECOVER-ENERGIZE is right for you.



Scan the code to learn more or visit [trials.recovercovid.org/energize](https://trials.recovercovid.org/energize)

