

Specialist support for Long Covid

What is Long Covid?

With 20% of people infected with Coronavirus experiencing symptoms for 5 weeks or longer and 10%, for 12 weeks or more¹, many thousands of people are likely to suffer from the long-term symptoms of Covid. This may affect their ability to work and therefore is likely to be a significant problem for employers.

Symptoms, which often occur in clusters, fluctuate over time and can affect many areas of the body, include:

- Breathlessness
- Chronic fatigue
- Cognitive blurring
- Muscle pain
- Mobility problems
- Effects of organ damage
- Psychological and emotional
- ...and many more

Long Covid can affect anyone previously infected with the COVID-19 virus, regardless of whether they were critically ill or only had mild symptoms; whether they were previously clinically vulnerable or fit & healthy; young or old.

How can RedArc help with Long Covid?

This specialist service enables individuals suffering from Long Covid to speak to a dedicated RedArc nurse who will support them every step of the way. Through regular phone calls, they will benefit from expert advice to deal with their symptoms and implications such as:

- Managing all the fluctuating symptoms
- Dealing with the psychological impact
- Managing long-term fatigue
- Guidance on breathing exercises and physical activity
- Nutrition and dietary advice
- Family and relationship implications
- Navigating the NHS and ensuring all necessary services are utilised. Signposting to/ sourcing relevant therapies² (NHS, Employer benefits e.g. PMI, EAP)
- Making a sustained return to work
- Research including specialist symptom management, emerging guidance, local clinics etc.
- Provision of targeted literature
- ... and much more

Fees

Unlimited long-term support from a dedicated RedArc nurse: a one-off single charge of £550 per person. VAT Exempt.

To find out more:

Email enquiries@redarc.co.uk

¹Office for National Statistics: The prevalence of long COVID symptoms and COVID-19 complications, 16th December 2020.
National Institute for Care and Health Excellence (NICE) defines Long Covid as ongoing symptoms lasting 12 weeks or more.
²Therapies will be sourced whenever possible from benefits available, if required RedArc can source additionally at cost.



About RedArc

RedArc, part of Howden Group Holdings alongside Howden Employee Benefits and Wellbeing Limited, employ Registered Nurses providing support for long-term physical and mental ill health, disability, trauma and bereavement.

www.redarc.co.uk

RedArc is a trading name of RedArc Assured Limited.

RedArc Assured Limited is a subsidiary company of Howden Group Holdings Limited. Howden Group Holdings Limited is registered in England and Wales under company registration number 02937398. Registered office: One Creechurch Place, London, EC3A 5AF.