

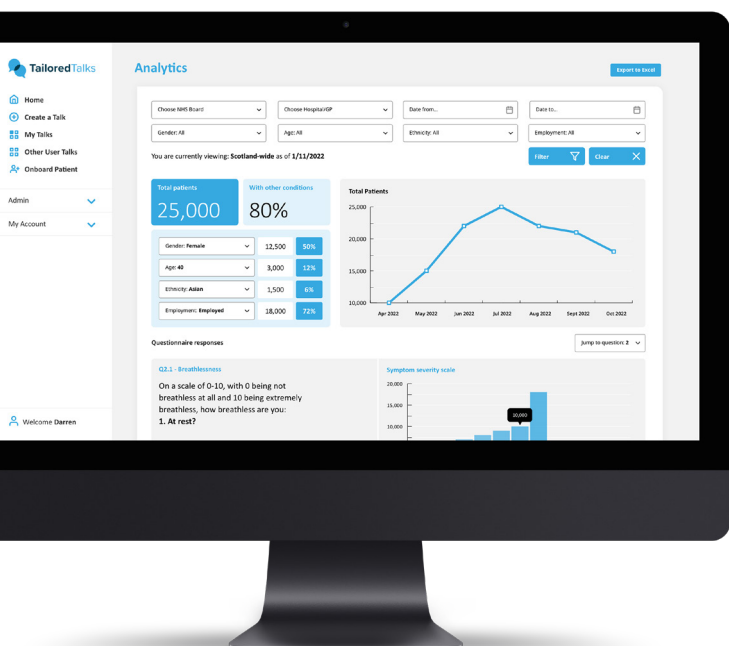
# Tailored support for long COVID self-management and recovery



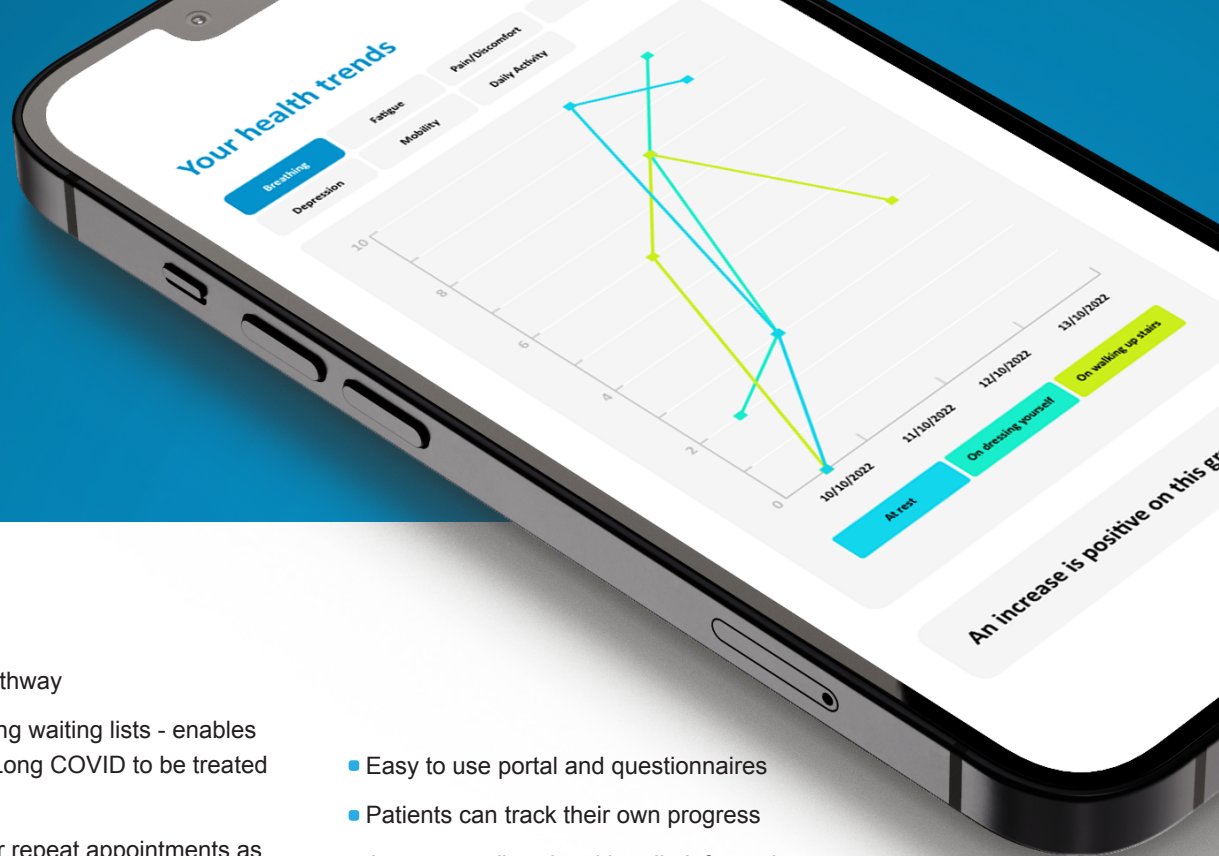
The NHS waiting lists for treatment and support remain high and inconsistent across the UK, making it challenging and often slow or even impossible for patients to get the support they need. MyTailoredTalks enables a patient to

gain access to support tailored to their needs, the day they are diagnosed.

The platform and app can be used by GP's and family doctors or can form part of an integrated care pathway connecting to a specialist nursing or allied health professional team or helpline, through the app's call-back functionality.



2.1 million people, that's 3.3% of the UK population, are living with Long COVID.



### Benefits for GP:

- Easy to use referral pathway
- Effective triage, reducing waiting lists - enables those diagnosed with Long COVID to be treated straight away
- Freeing up time - fewer repeat appointments as patients feel supported
- Able to track patient progress on a population level and intervene on an individual basis if needed

### Benefits to patients:

- Can begin their rehabilitation straight away after a GP diagnosis
- Patients only receive information tailored to them. Fatigue and brain fog can make it challenging to sift through information. MyTailoredTalks, gives patients the information they need at a time that works for them.

- Easy to use portal and questionnaires
- Patients can track their own progress
- Access to tailored multimedia information to support with patients' recovery
- Call-back function enables patients to request individual support if they feel that a conversation with a trained professional would help

### Benefits of using the system as part of an integrated care pathway:

- Effective referral pathway to specialist nursing or allied health professional teams
- Health professionals can track patient progress and provide more tailored support

### MyTailoredTalks – a digital care pathway for people living with Long COVID

