

LONG COVID - SUPPORTING YOUR EMPLOYEES IN THE WORKPLACE



OVER 1 MILLION
PEOPLE IN THE UK
EXPERIENCING LONG
COVID

35 - 69 YEAR OLDS ARE
AT THE HIGHEST RISK

64% SAY SYMPTOMS
HAVE ADVERSELY
AFFECTED THEIR
WORKING LIVES

SYMPTOMS

- extreme fatigue
- shortness of breath
- chest pain or tightness
- problems with memory and concentration
- difficulty sleeping
- heart palpitations
- dizziness
- pins and needles
- joint pain
- depression and anxiety
- tinnitus, earaches
- Feeling sick, diarrhoea, stomach aches, loss of appetite
- a high temperature, cough, headaches, sore throat, changes to sense of smell and taste
- rashes

HOW MEDICASH CAN HELP WITH LONG COVID

Mental Health Support

With a Medicash health plan you can access a range of options to help with the mental health difficulties associated with long covid, including access to our **24/7 advice line and counselling service**.

mProve YOURSELF App

The **mProve YOURSELF** app can be a great tool for overcoming both the physical and mental side effects of long covid. With sleep guides to help beat insomnia, a range of fitness and yoga guides from beginner to expert to help you recover your strength at a pace that suits you.

Virtual GP & Best Doctors Service

Our health plans give you access to our on-demand healthcare services. With **Best Doctors** you can access the knowledge of over 50,000 world leading experts and consultants to provide you with a second opinion on a recent diagnosis.

Alternatively, **Virtual GP** will provide you with round the clock access to video consultations with a private NHS-registered GP, open referrals and fit note, and more.

Physiotherapy & Complementary Therapies

Joint pain or muscle aches are a very common symptom of long covid. With a Medicash health plan, you can receive cover for a variety of physical and complementary therapies to support you with these symptoms, including **Phio**. This clinically-led 24/7 digital physiotherapy assessment app provides fast, remote access to the right care for the user.