



Long COVID
Wearable Study

Are you interested in joining a study about Long COVID?

We aim to see whether wearable devices improve Long COVID symptom management.

Recent studies have shown that activity management can be an effective method of managing and treating symptoms of Long COVID. To continue to gain knowledge of this poorly understood condition, we are planning The Long COVID Wearable Study. This one-year study will gather survey and wearable data in a bid to better manage symptoms and empower study participants to manage their health.



“There is not a lot of research going on for Long COVID. The fact that it is being looked at is huge. This condition is scary because there are so many symptoms and doctors don’t know what to expect, so collecting this data is so important because it has the potential to be so impactful for so many people. This study empowers individuals to have more control over their body and to feel validated in what is happening to their bodies.”

Estela Mata, Long COVID user tester

Why should you join?

If you qualify for the Long COVID Wearables Study, you could:

- Help researchers understand how different people experience Long COVID. This could help researchers find therapies that work for everyone with Long COVID.
- Receive a Garmin wearable device at no cost to track your heart rate, activity, and energy levels.
- Receive information designed by Long COVID patients and researchers to help you manage your symptoms.
- Learn how your lifestyle, actions, and environment could affect your symptoms - and potentially discover ways to manage them.

Study Inclusion Criteria are:

- Is at least 18 years old.
- Resides in the United States
- Has a self/and or physician diagnosis of:
 - Long COVID (based on the WHO working definition),
 - ME/CFS (myalgic encephalomyelitis / chronic fatigue syndrome, self-diagnosis based on IOM criteria), and/or
 - POTS (Postural Orthostatic Tachycardia Syndrome).
- Is interested in tools to manage ME/CFS, POTS, and/or Long COVID symptoms.
- Owns a wearable device they are willing to use for this study or does not own a device and agrees to utilize a study-provided one.
- Agrees to wear the device throughout the study period, share the data with the study, and sync data at least weekly.
- Has access to a smartphone or tablet to enable syncing wearable data and viewing device feedback.
- Agrees to disclose involvement in other ME/CFS, POTS, and/or Long COVID interventions such as medical treatment, self-management, and other interventional studies.
- Agrees to complete at least 75% of the study surveys.

See if you qualify here: https://mydatahelps.org/e/BSLHLF/Enroll_1

Or scan the QR code:



Contact us via email: longcovid@scripps.edu