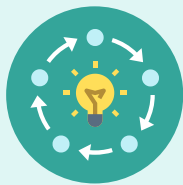


# ARE YOU STRUGGLING WITH LONG COVID?

Participate in the **Long COVID App & Wearable Study**

## WHAT WILL I DO?



**Co-design** study app experience with the research team



**Gain unique insights** from your personal health experiences



Complete daily surveys and tasks on your smartphone (<5 min/day)

## WHAT ELSE SHOULD I KNOW?



Participants will use a study-provided **Oura ring**, **Empatica EmbracePlus wristband**, and **Lumia ear device**



Any U.S. resident, aged **18+**, who has experienced Long COVID for at least 3 months may be **eligible** to participate



The full study period will last **5 months**

## HOW DO I PARTICIPATE?



If you are **interested in participating** in the Long COVID App & Wearable Study, please contact **Emma Karlin** at [emma@4youandme.org](mailto:emma@4youandme.org) for more information.

\*PARTICIPANTS WILL BE COMPENSATED FOR THEIR TIME

WE INVITE YOU TO COLLABORATE ON TESTING AN APP & WEARABLE DEVICES TO BETTER UNDERSTAND THE LONG COVID PATIENT EXPERIENCE

