



Your family doctor

To whom it may concern,

**Re Breathability: The Long COVID course and disability allowance**

The long COVID self-management online course from Breathability is an evidence-based programme with 2.5 hours of content designed by two respiratory physiotherapists Catherine George ([www.thelungmechanic.co.nz](http://www.thelungmechanic.co.nz)) and Jen Mepham ([www.jennifermepham.com](http://www.jennifermepham.com)).

The course covers education and management strategies for long COVID related fatigue, breathing, brain fog, relaxation and sleep.  
It is based on New Zealand long COVID rehabilitation guidelines.

The cost of the whole programme is \$179 NZD.

Disability allowance is available to support people with long COVID to self-manage their symptoms and requires approval from the family doctor.

Kind regards,

Catherine George NZRP and Jen Mepham NZRP