

# Richmond University Medical Center



Post COVID-19 Care Center





## HOW TO ACCESS SERVICES

- Speak to your primary care physician to obtain a referral to our center.
- Request a copy of your records from the hospital where you were admitted or from your primary care physician so we may review it at your visit.
- Call to schedule an appointment: 718-818-1500

Our team of medical specialists will provide comprehensive care and continuous monitoring of your post COVID-19 conditions. We want to be with you every step of the way during your immediate and long-term recovery. Your continued health is our priority!



## OUR SERVICES

Our center's services are available for those patients who have been treated for COVID-19. In addition to coping with myriad changes to their medication regimens, patients recovering from these conditions often experience long-lasting side effects including:

- ▶ Pulmonary disease
- ▶ Cardiac-related issues
- ▶ Anxiety and depression
- ▶ Chronic fatigue and loss of stamina

**Our center features a multi-disciplinary team of experts including:**

- ▶ Primary Care/Family Medicine Physicians
- ▶ Pulmonary Medicine
- ▶ Cardiac Care
- ▶ Physiatry
- ▶ Psychiatry and Behavioral Health
- ▶ Sleep Disorders
- ▶ Additional Specialists



## WHAT YOU CAN EXPECT

### Evaluation

You will receive a comprehensive medical evaluation related to your condition by a primary care or family medicine physician, nurse practitioner, or physician assistant. This will include a review of your previous medical records including blood work, radiology, behavioral health screenings, pulmonary testing, and advanced cardiac testing.



## Diagnostic Work-Up

Depending on the findings, additional testing may be required, including a CAT scan, swallowing evaluation, or physical therapy exam. Once all results are compiled, a detailed report will be mailed to your referring physician. It is our goal to keep your primary care provider informed of your progress.



## Your Personal Treatment Plan

In consultation with your referring physician, you will be given an individualized treatment plan. It may include pulmonary rehabilitation, physical therapy, scheduled office visits, follow-up studies, or home health services through Visiting Nurse Association of Staten Island (VNASI).



## Mental Health Support

**New York State COVID-19 Emotional Support Helpline: 844-863-9314**

**New York City Well Website: a confidential helpline for mental health and substance use services:**

- ▶ **Call 888-NYC-Well**
- ▶ **Text “WELL” to 65173**
- ▶ **Visit [chatonline@nyc.gov/nycwell](mailto:chatonline@nyc.gov/nycwell)**

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288 Kissel Avenue  
Staten Island, NY 10310  
(behind the main hospital building)

**718-818-1500**

[www.rumcsi.org/postcovidcare](http://www.rumcsi.org/postcovidcare)



**Maintain Social Distance**



**Cover your  
mouth when  
you cough**



**Wash your hands  
for at least  
20 seconds**