**Employee Health Covid support services reminder (21/03/22)**

Two separate Covid-19 services are available via Optima Health (HMPPS OH Provider).

1. **Post Covid Syndrome (Long Covid Service) - Referral by the line manager only.**

Management are advised to refer into the Post-COVID-19 service if the employee meets the below criteria:

If significant symptoms (see list below) persist for 12 weeks after the employee first suffered from Covid-19 and these symptoms are impacting on the employee’s ability to undertake their duties or the employee has yet to return to work due to the symptoms:

* Generalised symptoms of pain, fatigue and/ or breathlessness
* Cognitive impairments such as memory and concentration issues
* Musculoskeletal symptoms such as joint and muscle pain
* Psychological / psychiatric symptoms

The employee must not be participating in any other rehabilitation / intervention related to their long Covid-19 symptoms (i.e. NHS rehabilitation).

The employee must not be waiting to see a specialist regarding their cardiac / respiratory symptoms

If symptoms have prevented a return to work, participating in a phased return or prevented the employee from undertaking their full job role / safely conducting their full work tasks

Refer to this link for referral details [Post-COVID-Syndrome-how-to-refer\_.pdf (sscl.com)](https://hmpps.myhub.sscl.com/__data/assets/pdf_file/0017/35603/Post-COVID-Syndrome-how-to-refer_.pdf)

1. **Covid-19 Digital Assessment Routing Tool (DART)**

Accessed directly by staff with specific high risk COVID-19 health concerns (diabetes, asthma, obesity), the service aims to identify the most appropriate pathway for support and to enable staff to access preventative and supportive interventions to help minimise the severity of Covid beyond vaccination.

Staff may be signposted to appropriate healthcare providers or be sent a free ‘self-management pack’ for their specific condition containing items such as blood pressure or blood sugar monitors, peak flow meters or oximeters along with videos and fact sheets. The is accessed by telephone.

Please refer to [DART FAQs](https://hmpps.myhub.sscl.com/__data/assets/pdf_file/0015/35601/HMPPS-DART-FAQs.pdf-230321.pdf) and [DART poster](https://hmpps.myhub.sscl.com/__data/assets/pdf_file/0016/35602/HMPPS-New-Employee-Support-Service-DART-poster-240321.pdf) for more details.