

Long COVID GMV Information + FAQ

WHO	The Long Covid GMV is open to anyone who has been diagnosed with long covid and has a referral. More information about becoming a new patient can be found here . Note: This group is not for patients who have reactions to the COVID-19 vaccine only.
WHAT	Each Long Covid GMV series consists of three 3-hour sessions, usually two weeks apart. The first hour of each session involves a talk from Dr. Kuon that will cover topics such as: the science of Long Covid, specific diets that may be used in your treatment, pharmacotherapy, supplements, botanicals, mind-body interventions, environmental risk factors, and appropriate exercise regimens. The last two hours of each session is generally when Dr. Kuon meets with participants one-on-one to discuss specific lab values and to tailor your treatment plan to individual needs.
WHEN	Please check the website or call the Osher Center for Integrative Health at (415) 353-7700.
WHERE	Sessions will take place virtually using Zoom.
WHY	Long Covid is a complex, disabling condition that affects millions of people worldwide, leading to persistent symptoms such as fatigue, cognitive impairment, and respiratory compromise long after the initial infection. Treating Long Covid is crucial to improving patients' quality of life, restoring their ability to work, and reducing the long-term burden on healthcare systems. Increasing access to treatment through a group medical visit model ensures that more people receive the evidence-based care they need. By expanding treatment availability, we also can advance research, develop more effective interventions, and teach other clinicians how to care for people with complex post-infectious syndromes.

Frequently Asked Questions

Q: Does insurance cover these visits?

A: Yes, they are billed as video visits. Like any other medical visit, insurance will be verified, and authorization will be sought if needed.

Q: How do I get a referral?

A: Please ask your primary care provider, or another provider caring for you, to send a referral to the Osher Center for Integrative Health at UCSF, and to specify Long Covid Group Medical Visits. More information can be found [here](#).

Q: How long will it take to get a spot in the group medical visit?

A: Due to high demand for this service, you will be placed on a waiting list after we receive your referral. We will notify you on MyChart, or over the phone, when it is your turn to be scheduled. Since the waitlist fluctuates, we are unfortunately unable to provide an estimate for how long this process may take.

Q: Can I have my disability forms filled out by Dr. Kuon for Long COVID?

A: No. Our office does not fill out disability paperwork or Leaves of Absence. Please discuss these needs with your PCP. However, Dr. Kuon's group visit notes can be used to support your claim. You can request your medical records by calling 415-353-2221 or access your electronic medical records in MyChart.

Q: Are caregivers allowed to join?

A: Yes, but please communicate this with the GMV team ahead of time by messaging us on MyChart after you have been enrolled. Also, please ensure that the patient's first name is the one that appears on Zoom.

Q: Can I join late?

A: Please make every effort to join on time (or even better, log onto Zoom a few minutes early). If you are running late, please let us know by sending a message on MyChart or calling (415) 353-7700. Participants will not be admitted 10 minutes past the session start time.

Q: Can I continue with the group if I miss a session?

A: No. You MUST attend all three sessions. If you miss one session, you won't be able to make it up. If you miss a session, the subsequent sessions will be canceled.

Q: How many participants are in each session?

A: Each session is capped at 10 participants.

Q: What if I want to see Dr. Kuon for more than just three sessions?

A: No. Group medical visits are stand-alone offerings and are not meant to transition into continuous care. Dr. Kuon's generalist clinic is closed to new patients at this time. Follow-up care should be established with your primary care team.

Q: Can I repeat the 3-session series more than once?

A: No. Given there is a waitlist, new patients who have not yet participated will be prioritized.

Q: Where can I learn more about Long COVID?

A: Here are select resources to learn more about Long Covid:

- [The Osher Center Long Covid GMV website](#)
- [Grand Rounds lecture](#) from Dr. Cara Kuon