



New online tool provides personalized care plans for people living with long COVID symptoms

- [MyGuide Long COVID](#), a new online tool, was created by the Post-COVID-19 Interdisciplinary Clinical Care Network ([PC-ICCN](#)) to help patients find best-practice information to self-manage long COVID symptoms. It provides personalized post-COVID-19 care and is available online at any time, from any device.
- MyGuide provides patients with reliable information to manage their symptoms effectively. Clinicians can access this valuable tool to complement their care efforts. This means better-informed patients, more efficient interactions, and enhanced collaboration between providers and patients as they navigate the challenges of long COVID together.
- The online tool can be found at longcovidbc.ca.
- Visit PC-ICCN's webpages for more [provider resources and a Network referral form](#). For questions about MyGuide, please contact post-COVID-ICCN@phsa.ca.