

This resource helps people impacted by Long COVID find financial support. It includes national and regional programs that may help with healthcare costs and everyday expenses.

RESOURCE	WHAT IT OFFERS	HOW TO ACCESS
IMMEDIATE FINANCIAL ASSISTANCE		
TotalAssist COVID-19 & Post COVID Fund Patient Advocate Foundation (PAF)	Offers help paying for Long COVID care and basic needs like food, housing, utilities, insurance, and transportation. Also offers ongoing support, but you may need to reapply each year to keep receiving financial assistance.	Check your eligibility & apply online: totalassist.org/funds/covid-19-post-covid  Or call: 1-866-512-3861
National Financial Resource Directory Patient Advocate Foundation (PAF)	Gathers information about national and regional programs that may lower medical costs and improve access to care. <i>Tip: To get the best results, start with the symptom or condition that affects you most and review several listings.</i>	Search the directory: patientadvocate.org/explore-our-resources/national-financial-resource-directory/ 
LONG-TERM FINANCIAL SUPPORT		
Fundraising Grants Help Hope Live	Helps people raise money for medical and related costs with one-on-one support, a personal campaign page, and bill-pay help. Donations may be tax-deductible and may not affect some asset-based benefits but check with your local Medicaid office first.	Start a personal fundraising campaign: helphopelive.org/get-started/request-help  Find your state's Medicaid Agency: medicaid.gov/about-us/where-can-people-get-help-medicaid-chip
Social Security Disability Insurance (SSDI) Social Security Administration	Provides monthly cash benefits, Medicare coverage, and family support to people who are unable to work due to a qualifying disability. Some Long COVID symptoms may be burdensome enough to qualify. Due to the complexity of applying for SSDI, some people choose to work with a qualified disability lawyer.	Learn about qualifying for SSDI: ssa.gov/apply
Legal Aid Pandemic Legal	Provides free and reduced-cost legal services to people affected by COVID-19. This includes assistance with SSDI and workers' compensation. Visit USA.gov for more information about accessing free and low-cost legal services.	Apply for legal assistance: pandemiclegal.org/  Find affordable legal aid: usa.gov/legal-aid
ABLE Accounts Achieving a Better Life Experience (ABLE) Act	Establishes special tax-free savings accounts that allow people with disabilities (including disabilities related to Long COVID) to pay for healthcare without losing benefits like Medicaid or SSDI.	Explore ABLE accounts: ablenrc.org/what-is-able 
Non-Emergency Medical Transportation (NEMT) Medicaid / CMS	Helps pay for trips to and from your doctor's office, the hospital, or a clinic that provides healthcare covered by Medicaid. Services vary depending on where you live. Visit CCAM-TAC.org  to read a state-by-state guide to NEMT.	Read a fact sheet about NEMT (PDF, 5 pages): bit.ly/4h1iWMR  Learn about NEMT in your state: bit.ly/nemt-resources 

Disclaimer: RECOVER Representatives developed this material. The opinions expressed herein are their own. This material should not be interpreted as representing the official viewpoint of the U.S. Department of Health and Human Services or the National Institutes of Health or ascribing future directions for the federal government or agencies thereof.