

**Appendix I.** Overview of available treatment recommendations for allied healthcare for COVID-19 recovery care in the Netherlands at the time of study start

Allied healthcare discipline	Guideline/recommendations	Date, publisher (version)
Dietitians	Treatment plan of dietitian at COVID-19 after hospital discharge The recovery phase after discharge from hospital: dietetics treatment in (Post) COVID-19 patients in a rehabilitation centre	20-04-2020, NVD (version 2.0) 11-05-2020, NVD (24)
Occupational therapists	Occupational therapy guidance for COVID-19 in the recovery phase	16-06-2020, Ergotherapie Nederland (EN) (10)
Speech and language therapists	Position statement covid-19	23-04-2020, NVLF (version 1.4) (11)
Physical therapists and exercise therapists	Physical therapy and exercise therapy in patients with COVID-19. Recommendations for physical therapy and exercise therapy in patients after discharge from the hospital or patients who have experienced COVID-19 in the home setting	03-06-2020, KNGF (version 2.0) (9)

EN: Ergotherapie Nederland; KNGF: Koninklijk Nederlands Genootschap Fysiotherapie; NVD: Nederlandse vereniging voor Diëtetiek; NVLF: Nederlandse Vereniging voor Logopedie en Foniatrie.

**Appendix II.** Descriptive outcomes included in the prospective cohort

Variable	Description
Age	Date of birth
Gender	Gender at birth
Current weight	Weight, kg
Weight before COVID infection	Weight, kg
Length	Length, cm
Smoking status	1. Currently smoking 2. Never smoked 3. Smoked
Referring physician	1. General practitioner 2. Pulmonologist 3. Internist 4. Consultant in rehabilitation medicine 5. Specialist geriatric medicine 6. Direct access to allied healthcare 7. Other referral 8. Unknown
Comorbidities	1. None 2. Chronic lung disorders (including Chronic Obstructive Pulmonary Disease [COPD] or asthma) 3. Cardiovascular disorders (including high blood pressure) 4. Diabetes mellitus type 1 or 2 5. Kidney disorders 6. Liver disorders 7. Immune disorders 8. Endocrine and metabolic disorders 9. Obesity 10. Chronic neuromuscular disorders 11. Other
COVID-19 severity*	1. Mild/moderate 2. Severe 3. Critical
Admission to hospital for COVID-19 infection	1. Hospitalized including IC-treatment 2. Hospitalized 3. Not hospitalized
Caregiver	1. Yes 2. No
Psychosocial help	1. None 2. Practice nurse general practitioner 3. Psychologist 4. Social worker 5. Other

\*1) Mild to moderate (mild symptoms up to mild pneumonia) 2) Severe (dyspnoea, hypoxia, or >50% lung involvement on imaging) 3) Critical (respiratory failure, shock, or multi-organ system dysfunction) (32).