

Supplemental Table 1: Safety events related to study protocol and severe COVID-19 recovery

Event(s) ⁱ	Description	Classification	Related to Protocol	Group
1	Patient complained of racing heart rate, dizziness, and anxiety at beginning of rehabilitation. ICU Recovery provider contacted, and EKG revealed a-fib (PMH of afib)	Anxiety / afib	Yes, Minor AE	In-person
2	Patient with increased dyspnea and fatigue after rehabilitation; patient self-selected to visit emergency room with 2-day observational stay	Fatigue	Yes, Major AE	In-person
3	Patient reported a non-injurious fall at home in garden; event occurred on day not participating in rehabilitation or home-exercise program	Fall	No	In-person
4 - 6	Patient reported 3 non-injurious falls at home during iADLs; team provided education on fall prevention and proper use of assistive device	Fall	No	Telehealth
7 - 9	Patient experienced bouts of hypertension at rest and during exercise; premature termination of one session; ICU Recovery provider contacted, and managing medications	HTN	Yes, Minor AE	Telehealth
10	Patient complained of discomfort and pain in right LE with one session modified; Clinic provider ordered doppler US revealing DVT of reduced size (previously diagnosed in ICU)	Right LE DVT	No	In-person
11	Patient with complaints of right low-back pain and minor dyspnea at beginning of session; CT image revealed pneumothorax and patient admitted to hospital	Pneumothorax	No	In-person
12	Patient with audible stridor; ICU Recovery provider aware and ordered follow-up with ENT team; patient underwent tracheal dilation	Stridor	No	In-person
13	Patient reported “rolling” her ankle in kitchen on a day not participating in rehabilitation or home-exercise program	Low-grade ankle sprain	No	Telehealth
14 - 15	Patient reported dizziness with pre-syncopal event after rehabilitation session; patient had a second event at home required emergency room visit, ICU Recovery provider contacted family and noted confusion with hypertensive medication causing hypotension	Hypotension (pre-syncopal)	No	In-person
16	Patient reported a fall at home while helping loved-one with groceries; event occurred on day not participating in rehabilitation or home-exercise program	Fall	No	Telehealth
17	Patient reported increasing episodes of anxiety with feelings of chest tightness and palpitations at home which occurred in morning prior to telehealth visit; Clinic provider ordered cardiac work-up with Holter monitor and ECHO revealing no abnormalities	Anxiety	No	Telehealth
18	Patient with complaints of fear and anxiousness regarding weaning supplemental oxygen despite not requiring oxygen during six-minute walk test	Anxiety	Yes, Minor AE	In-person

PMH = past medical history; AE = adverse event; LE =lower extremity; DVT = deep vein thrombus; EKG = electrocardiograph; afib = atrial fibrillation; iADLS = instrumental activities of daily living; ICU =intensive care unit; US = ultrasound; CT =computed tomography; ENT = ear-nose-and-throat;

ⁱ Each row represents an individual patient