



University
of Glasgow



ReDIRECT

Remote Diet Intervention to
REduce long COVID symptoms Trial

NHS
Greater Glasgow
and Clyde

- ◆ Do you have symptoms of Long COVID?
- ◆ Are you interested in taking part in a weight management research study?

ReDIRECT: Remote Diet Intervention to REduce long CCOVID symptoms Trial

The study will test whether a dietary weight management programme, delivered at home with professional support for 12 months, free of charge for participants, can improve symptoms of Long COVID.

Interested? We will recruit 200 participants for this study

If you are an adult living in the UK, have symptoms of Long COVID, and are overweight, contact us for more information:

Go to the link: <https://redirectstudy.co.uk>
or scan the QR code

