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

| Event(s) | 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 = commuted tomography; ENT = ear-nose-and-throat;

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1 Each row represents an individual patient