

Apiau Anadlol GIG Cymru ar gyfer cleifion

Rydym wedi creu cyfres o apiau i helpu i reoli eich cyflwr anadlol

The NHS Wales Respiratory Apps for patients

We have created a suite of apps to help manage your respiratory condition



Sgwathwch yma
sodn here

Cynllun personol
Personalised plan

Popeth sydd ei angen arnoch chi yng nghledr eich llaw

Everything you need in the palm of your hand

Monitro a chofnodi
Monitor & record

Cadw golwg ar eich symptomau a'ch canlyniadau profion

Keep track of your symptoms and test results

Cyngor a chymorth
Advice & support

Cael cyngor defnyddiol os bydd eich symptomau'n gwaethgu

Get helpful advice if your symptoms get worse

Fideos addysgol
Educational videos

Fideos cyfarwyddiadol ac ysbrydoledig sydd wedi'u cyflwyno gan arbenigwyr yng Nghymru

Instructional & inspirational videos delivered by experts in Wales

Dewiswch yr ap sy'n eich cefnogi chi neu'ch plentyn

Rhagor o wybodaeth yn:
<https://healthhub.wales>

Choose the app that supports you or your child

More information at:
<https://healthhub.wales>



Dyluniwyd gan Sefydliad Gwyddoniaeth Glinigol a Thechnoleg
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