

Wanting to use **Instagram** to promote the Healthhub apps to your colleagues and patients?

Simply copy or modify the examples below or create your own post. For Instagram you require certain sized images for them to appear in a feed (1080 x 1080). Example images for you to use can be found in the resources section.



Here are some examples that you might want to use:



NHS Wales has launched three new apps to help you manage your respiratory condition. The apps (AsthmaHub, Astmahub for parents & COPDhub) are specifically aimed at people with Asthma and COPD and other advice on how to best manage your condition. For more information and to download please visit <https://healthhub.wales>



A free self-management App for adults with Asthma and COPD is now available to support patients across Wales. The NHS Wales Astmahub and COPDhub apps are available to download from the Google Play (Android) and the App Store (Apple). <https://healthhub.wales>



If you, or someone you know, has Asthma or COPD then be sure to check out the new NHS Wales apps. Astmahub, Astmahub For Parents and COPDhub all help you manage your condition and tailor their advice to you personally. Download them for free from the App and Google Play stores! <https://healthhub.wales>



Want to improve the everyday management of your respiratory condition? The Healthhub apps are free NHS Wales self-management apps to support people living with asthma or COPD. View details about your condition and watch instructional and educational videos delivered by experts in Wales. Monitor and record your symptoms and tests and get helpful advice for when your symptoms get worse. Download them for free from the App and Google Play stores! <https://healthhub.wales>