

# Yn eich cefnogi chi yn eich gwellhad COVID

Ap Gwellhad COVID GIG Cymru ar gyfer oed-  
olion sydd â, neu sy'n gwella o COVID-19

## Supporting you in your COVID Recovery

The NHS Wales COVID Recovery App for  
adults with or recovering from COVID-19



### Gosod amcanion Set goals

Personoleiddio'ch  
amcanion, gan fynd ar  
daith gam wrth gam i'ch  
gwellhad.

Personalise your goals,  
taking a step-by-step  
journey to your recovery.



### Yn eich cefnogi chi Supporting you

Wedi'i deilwra i'ch  
symptomau, wedi'i  
gyflwyno gan yr  
arbenigwyr.

Tailored to your  
symptoms, delivered  
by the experts.



### Monitro cynnydd Monitor progress

Cofnodi'ch cynnydd  
gwellhad, edrych yn  
ôl ar eich taith  
gwellhad.

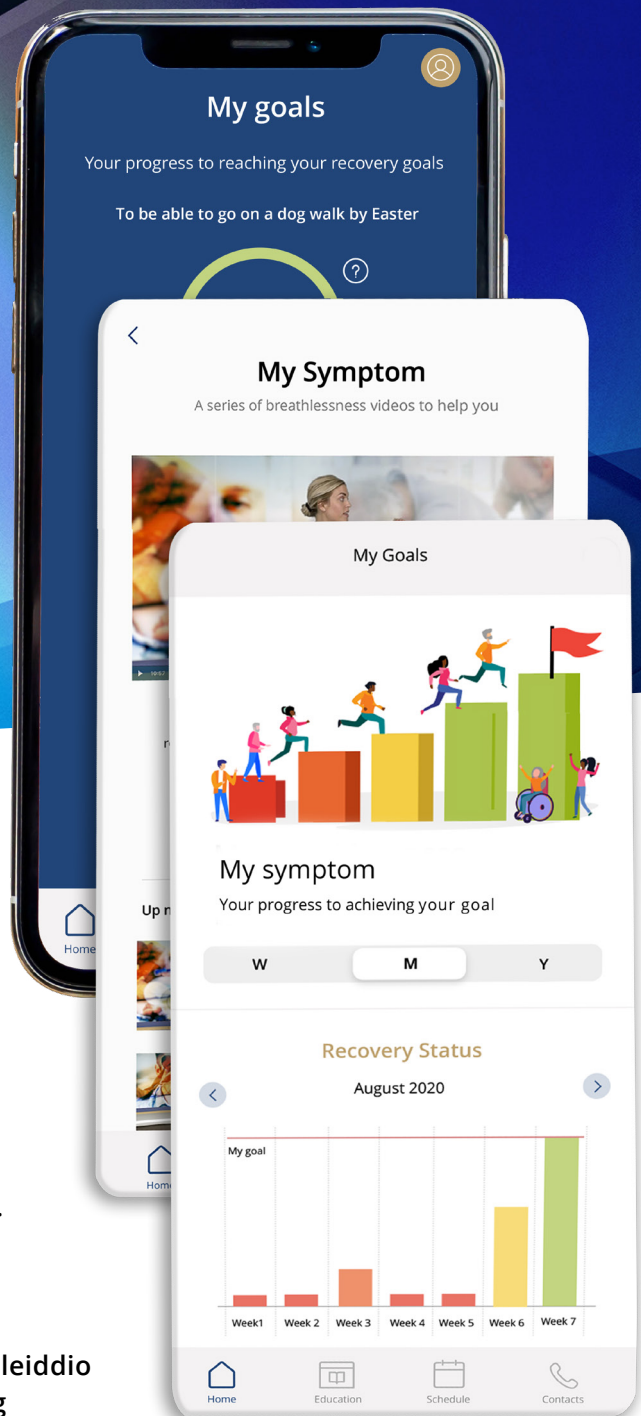
Record your recovery  
progress, look back at  
your recovery journey.



### Dysgu wedi'i bersonoleiddio Personalised learning

Dysgu rhagor am  
eich symptomau  
gyda fideos llawn  
gwybodaeth.

Learn more about  
your symptoms with  
informative videos.



Rhagor o wybodaeth ar: <https://healthhub.wales/cy>  
More information at: <https://healthhub.wales>

