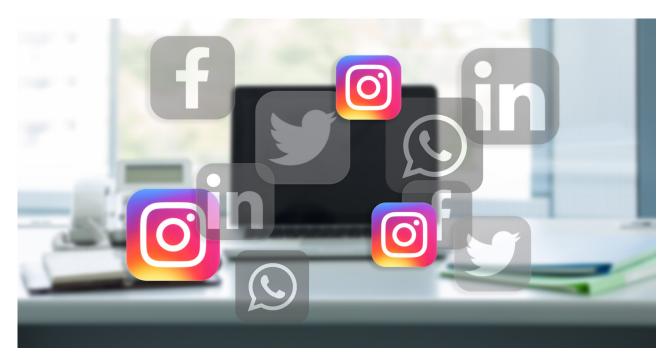


Wanting to use **Instagram** to promote the COVID-19 recovery app?

Simply copy or modify the examples below or create your own post. Images for you to use in your posts can be found in the resources section below. Make sure to follow **@Healthhubapps** on Twitter and on Facebook to keep up to date with the latest app news and updates.



Here are some examples that you might want to use:

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NHS Wales has launched a new app to support your COVID recovery. The app is available for free in both English and Welsh on the App Store and Google Play. For instructions and how to download them please visit **https://healthhub.wales** or search covidrecovery in the App Stores.

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If you, or someone you know, is recovering from the long term effects of COVID-19 then be sure to check out the new NHS Wales COVID Recovery app. The COVID Recovery app has been developed with NHS Wales specialists to support you in your recovery. In the app you can monitor your symptoms and activity and learn more about your symptoms. Type in covid recovery in the app store and Google Play to download for free.

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The NHS Wales COVID Recovery app is now available to support patients across wales It is available in both English & Welsh to download for free from the Google Play (Android) and the App Store (Apple). https://healthhub.wales

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Want support in recovering from the long-term effects of COVID-19? The NHS Wales COVID recovery app is here, free to download in both English and Welsh from both Google Play and Apple stores. Monitor and learn more about your symptoms, watch instructional and educational videos delivered by experts in Wales and set your own goals for recovery. Find out more at: https://healthhub.wales

