



Supporting you in your COVID Recovery

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



More information here: [https:// healthhub.wales](https://healthhub.wales)



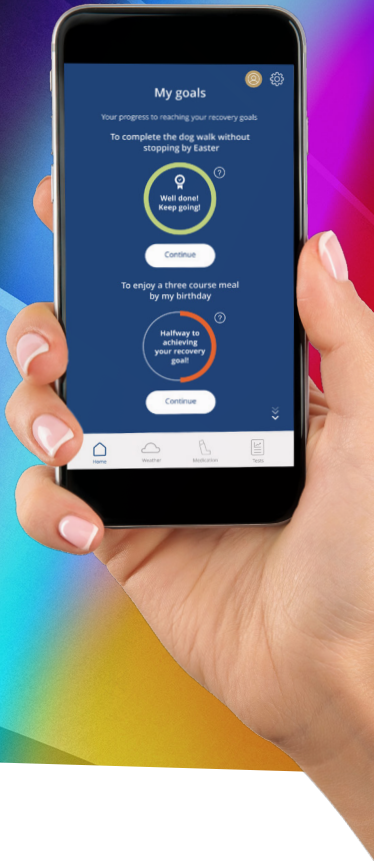
Designed by the Institute of Clinical Science and Technology

Scan here

Supporting you in your COVID Recovery

Learn more about your symptoms, and begin your journey to recovery.

Developed by experts across NHS Wales, for the most accurate and up-to-date advice, all available in the palm of your hand.



The features

| Set goals based around your symptoms

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

| Monitor your progress over time

Update your activity log, record your recovery progress, look back at your recovery journey.

| Personalised learning and advice from experts across

Learn more about your symptoms with informative videos.

| Supporting you to reach your COVID recovery goals

Tailored to your symptoms, delivered by the experts.



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SOAN
here

COVID
Recovery



Yn eich cefnogi chi yn eich gwellhad COVID

Ap gwellhad COVID GIG Cymru ar gyfer
oedolion sy'n gwella o COVID-19



Rhagor o wybodaeth yma: <https://healthhub.wales/cy>



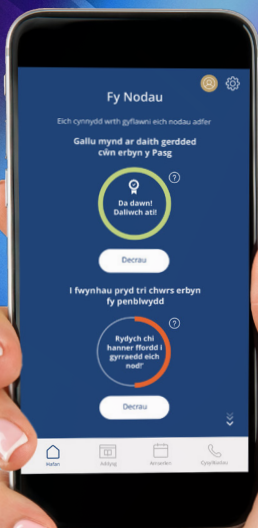
• Dyluniwyd gan Sefydliad Gwyddoniaeth Glinigol a Thechnoleg

Sganiwch
yma


Yn eich cefnogi chi yn eich gwellhad COVID

Dysgu rhagor am eich
symptomau, a dechrau
eich taith i wella


Wedi'i ddatblygu gan
arbenigwyr ledled GIG
Cymru, i gynnig y cyngor
diweddaraf a mwyaf cywir,
yng nghledr eich llaw.




Y nodweddion

 **Gosod amcanion
yn seiliedig ar eich
symptomau**


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

 **Monitro eich
cynnyddros
amser**

Cofnodwch eich cynnydd
adferiad, edrychwch yn ôl
ar eich taith adfer.

 **Dysgu wedi'i
bersonoleiddio a
chyngor gan arbenigwyr**

Dysgu rhagor am eich
symptomau gyda fideos
llawn gwybodaeth.

 **Yn eich cefnogi chi i
gyrraedd eich amcanion
gwellhad COVID-19**

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



 Dyluniwyd gan Sefydliad Gwyddoniaeth Glinigol a Thechnoleg

 Sganiwch
yma


COVID
Recovery