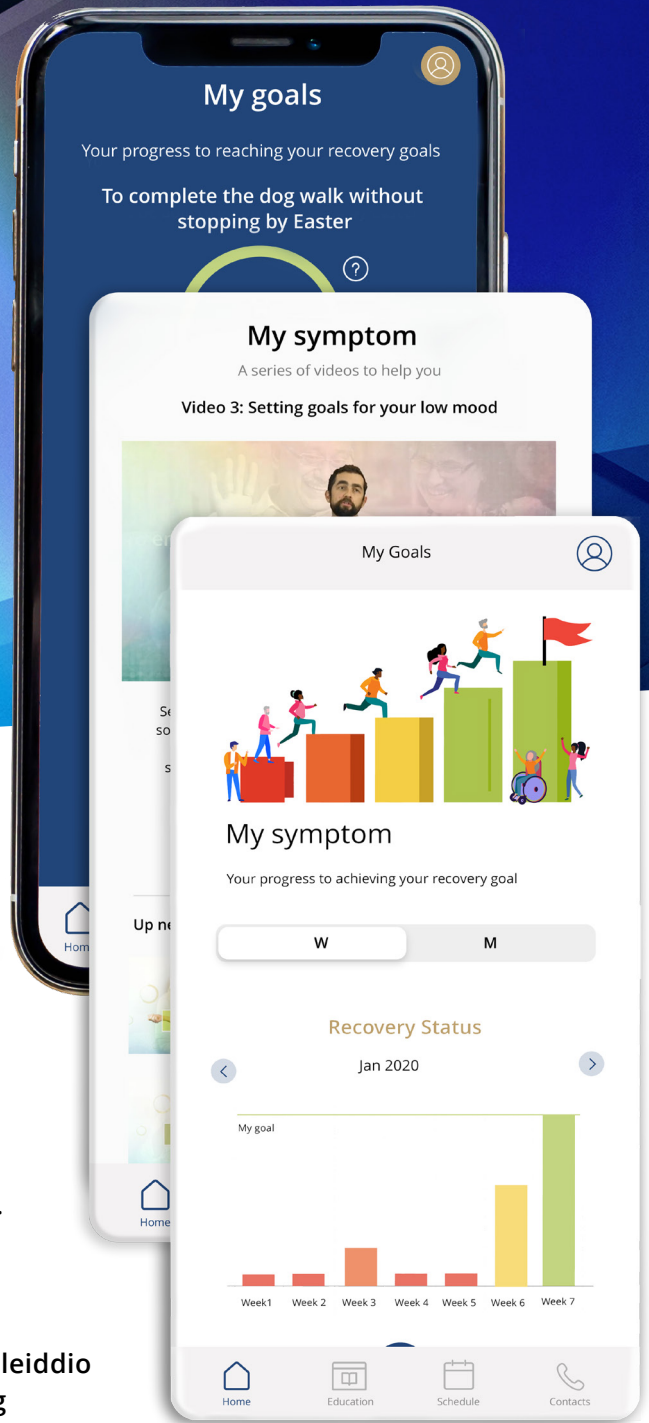


Yn eich cefnogi chi yn eich gwellhad COVID

Ap gwellhad COVID GIG Cymru ar gyfer oedolion 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>

