



# Do you have Asthma or COPD?

NHS Wales respiratory apps for patients to  
help you manage your respiratory condition



More information at: <https://healthhub.wales>

Scan here



Choose the app that supports you or your child

Asthmahub  
For Parents



COPDhub

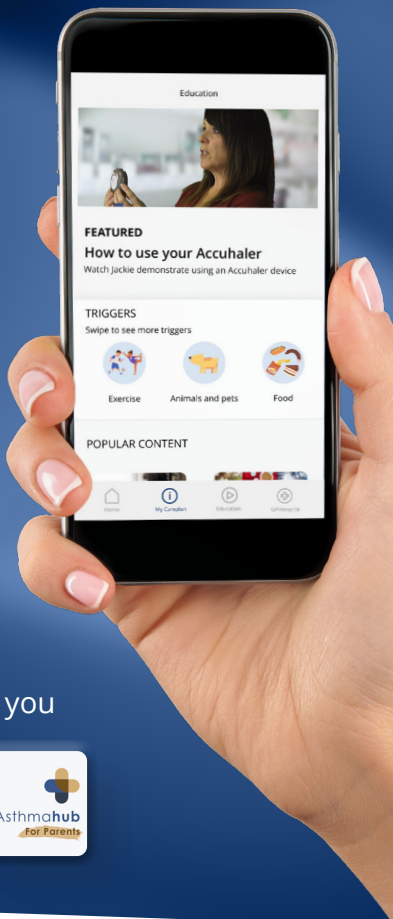


Asthmahub



# Choose the Respiratory app that supports you


Our aim is to provide you with better access to the right information, delivered and supported by your Doctors, Nurses and other Healthcare Professionals across Wales. We expect you to receive the very best care and support to manage your condition, irrespective of where you live in Wales.





## Choose the app for you




## The features

 | **Personalised plan**  
Everything you need in the palm of your hand

 | **Advice and support**  
Get helpful advice if your symptoms get worse

 | **Monitor and record**  
Keep track of your symptoms and test results

 | **Educational videos**  
Instructional & inspirational videos delivered by experts in Wales

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Asthmahub



# Oes gennych chi Asthma neu COPD?

Apiau anadlol GIG Cymru ar gyfer cleifion i'ch  
helpu chi i reoli'ch cyflwr anadlol



Rhagor o wybodaeth yn: <https://healthhub.wales>

Sganiwch yma



Dewiswch yr ap sy'n eich cefnogi chi neu'ch plentyn

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## Dewiswch yr ap sy'n eich cefnogi chi


Ein nod yw rhoi gwell mynediad i chi i'r wybodaeth gywir, sydd wedi'i darparu a'i gefnogi gan eich Meddygon, Nyrsys a Gweithwyr Proffesiynol Gofal Iechyd eraill ledled Cymru. Rydym yn disgwyl i chi dderbyn y gofal a'r gefnogaeth orau i reoli'ch cyflwr, ni waeth ble rydych chi'n byw yng Nghymru.


## Dewis yr ap i chi




## Y nodweddion

 **Cynllun personol**  
Popeth sydd ei angen arnoch chi yng nghledr eich llaw

 **Monitro a chofnodi**  
Cadw golwg ar eich symptomau a'ch canlyniadau profion

 **Cyngor a chymorth**  
Cael cyngor defnyddiol os bydd eich symptomau'n gwaethygu

 **Fideos addysgol**  
Fideos cyfarwyddiadol ac ysbrydoledig sydd wedi'u cyflwyno gan arbenigwyr yng Nghymru

