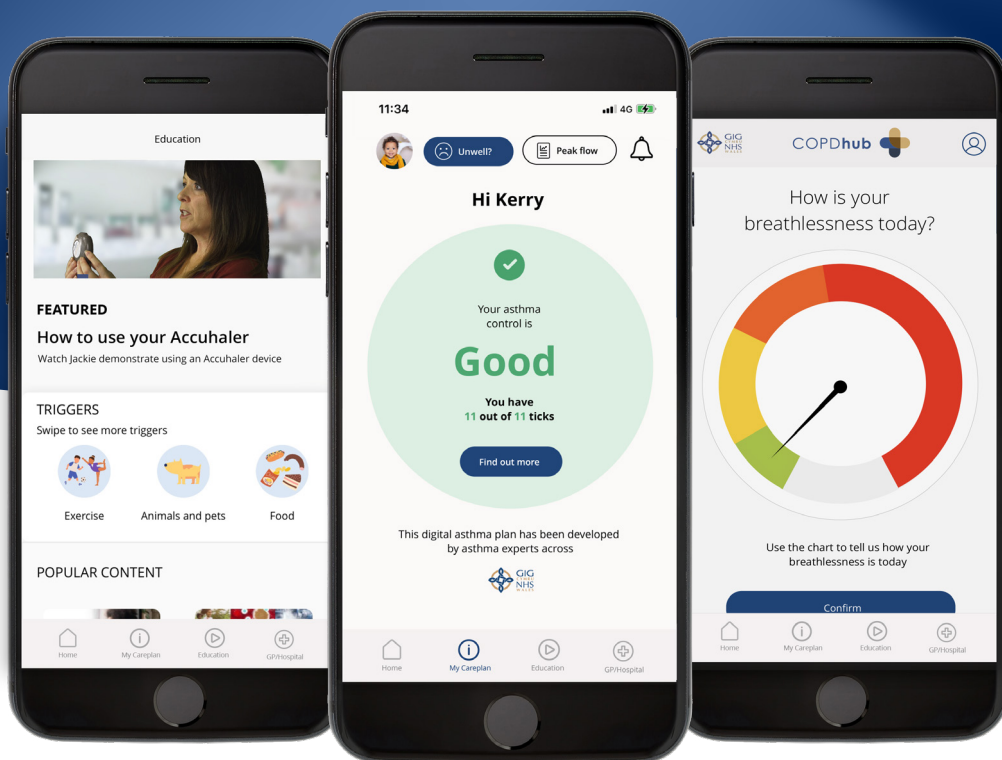


Oes gennych chi Asthma neu COPD?

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

Do you have Asthma or COPD?

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



Sgwirwch yma
som here



Cynllun personol Personalised plan

Popeth sydd ei angen arnoch chi yng nghledr eich llaw

Everything you need in the palm of your hand



Monitro a chofnodi Monitor & record

Cadw golwg ar eich symptomau a'ch canlyniadau profion

Keep track of your symptoms and test results



Cyngor a chymorth Advice & support

Cael cyngor defnyddiol os bydd eich symptomau'n gwaethgu

Get helpful advice if your symptoms get worse



Fideos addysgol Educational videos

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

Instructional & inspirational videos delivered by experts in Wales

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

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

Choose the app that supports you

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



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