

Do you have COPD, Asthma, Diabetes or a Heart condition?



We have the perfect app to help you manage your condition through the flu season and beyond

Now available in your GP practice, free of charge for a lifetime!

Contact your local Digital Health Adviser and they will set up your account and support you to get going TODAY

Your Digital Health Adviser is: **Rebecca Carvell**
r.carvell@nhs.net or call: **07873838142**

