



myCOPD

Helping you to manage
your COPD for a lifetime.

A powerful app,
designed by experts for patients.

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- ✓ Improve your knowledge
 - ✓ Monitor your COPD
 - ✓ Perfect your inhaler technique
 - ✓ Complete an online exercise program
 - ✓ View pollution and weather forecasting
 - ✓ And much more!
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Your clinician thinks
myCOPD will
help you manage
your condition.

MYMC-[0003][FEB20]



Get started

@ Click the activation link in the email sent by your clinical team.



You can use the app on your smartphone, tablet or computer.



To get the best experience download the app on to a mobile device.

Entering data and using the myCOPD app
WILL NOT alert your GP practice, hospital or
community team to an issue if you are feeling unwell.



Available on the
NHS Apps Library

Notes: