

# App for people with Chronic Obstructive Pulmonary Disease (COPD)



Do you have COPD? Would you like information to help you manage your condition? Then download the Ayrshire & Arran COPD App onto your smartphone!

The free app provides helpful information about:

- Local services and support
- Managing your COPD and living well
- Helpful websites
- Alerts for important information
- Managing flare ups
- Benefits of pulmonary rehabilitation, and how to get involved
- Medication and inhaler guidance

To get the app:

- Download 'NHS Ayrshire & Arran' app by searching for it by name in your Apple or Android app store.
- Then select 'Helping you manage your COPD' from the list within the NHS Ayrshire & Arran app.

By downloading the NHS Ayrshire and Arran app you will have access to a growing range of local apps.



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Working together to achieve the healthiest life possible for everyone in Ayrshire and Arran



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