

Please Help Us Help You.

## My COPD Self-Care Apps during Social Isolation.

In an attempt to keep our COPD patients as safe as possible during this time, we are promoting the use of the MyCOPD app which has already been fully funded through the CCG and NHS England for any patients in HMR with COPD. This app will help them self-manage their condition, including accessing Pulmonary Rehabilitation six week programme, educational videos, inhaler techniques and helpful tips to help keep people as well as possible.

For practices that have **already been set up** in issuing the licences, it is possible to use your existing SMS capabilities to register patients at scale. For more information on how to do this and to explore how we can use the licences we have an offer of support at this time **from Jane Stokes, Senior Engagement Specialist from MyHealth to help support practices remotely to get as many patients set up with the app.**

If your practice has **not already signed up** to issue the licences – can you please contact Sharon Lord [Sharon.lord@pat.nhs.uk](mailto:Sharon.lord@pat.nhs.uk). Tel: 07772710321. Jane Stokes and I will be working closely to offer as much support as possible.

I've also attached information regarding access to a huge range of Apps that could be offered to all patients to help support general wellbeing and other Long Term Conditions, during this unprecedented time of social isolation.

For further information and support contact Self-Care Programme Lead

[Sharon.lord@pat.nhs.uk](mailto:Sharon.lord@pat.nhs.uk) or 07772710321.



Self-Care for Social  
Isolation Apps for all.