

Please Help Us Help You.

## Self-Care Apps during Social Isolation.

As you know the Health and Social Care Workforce are in an unprecedented high demand and are also experiencing a considerable reduction in numbers due to being personally affected by the Coronavirus. **We now need you to help us** maintain our services and enable us to help when and where we need to.

In HMR we are committed to supporting people to be healthy and well. At this current time this means that we would like to help you engage in your own health and wellbeing through alternative methods.

There are a wide range of Digital Health and Wellbeing Resources 'Apps' available to you and we can help you to identify Apps that suit you. This will also support the NHS by better self-care and staying as well as you can at home.

**COPD App:** In HMR we have the My COPD App fully funded by the NHS England for anyone with a diagnosis of COPD. This App helps you to better manage your condition and support your general wellbeing by improving your knowledge, perfecting your inhaler technique, Pulmonary Rehabilitation exercise programme, pollution and weather forecasting and lots more.

If you have COPD and are interested in the My COPD App please contact [Sharon.lord@pat.nhs.uk](mailto:Sharon.lord@pat.nhs.uk). 07772710321.

In HMR we have partnered with **ORCHA**, a website that allows you to benefit from over 2,500 independently reviewed Apps to improve your health and wellbeing. These digital health resources offer a practical tool that can help enhance your self-care, everyday all day.

You can access our local apps library with this link <http://ourrochdale.org.uk/apps>

OR we can help you find the Apps suitable for you by contacting [Sharon.lord@pat.nhs.uk](mailto:Sharon.lord@pat.nhs.uk) 07772710321

Here's a sample of Apps that can support you: some are hyperlinked for you to view.

### Apps supporting general Self-Care:

**Wysa:** through techniques such as CBT, DBT, Yoga and meditation this app supports you to better manage stress, anxiety, sleep, loss and a range of other wellness needs.

**Fabulous:** Helps people be more productive and have higher energy. The app is a personal coach and happiness trainer.

**Your.MD** is a health tracker and symptom checker powered by Artificial Intelligence, developed by doctors and data scientists. It provides instant personalised better health information

**eQuoo:** Evidenced based Emotional Fitness game, combing games and expertise of mental health professionals to provide prevention and therapy for adults 18-28 years old and onwards!!

### **Apps to Manage Respiratory and Heart Conditions.**

**MyCOPD:** by my mhealth designed and built by COPD expert. See information above.

**myAsthma:** Artificial Intelligenece enables this app to help patients to better manage their asthma. Not fully funded by NHS so will be a cost.

**myHeart:** supports patients with Heart Disease or recovering from cardiac surgery, through personalised self-management and rehabilitation programmes. Not fully funded by NHS so there will be cost.

**Zephyr Guide;** This is an inhaler technique guide to help with easier breathing, improved health and better quality of life.

**Smart Peak Flow:** allows users to track their asthma and learn their triggers using smart sensor technology.

### **Apps that Manage Diabetes.**

**myDiabetes:** education, expert advice for Type 1 and Type 2 diabetes. You can monitor blood glucose, HbA1C, and risk factors to reduce long term complications.

**MySugr:** is a diabetes log book to collect data to enable a blood sugar tracker, carb logger, bolus calculator etc.

**My Diabetes My Way:** educational resources, eLearning courses as well as home recording data such as glucose monitoring.

These are just a sample of the 2,500 Apps that can help support you – contact Self-Care Lead for help to get you started [Sharon.lord@pat.nhs.uk](mailto:Sharon.lord@pat.nhs.uk) or 07772710321.