

myCOPD Digital Health Champion Service

Are you living with COPD?

myCOPD is a digital therapeutic app that can support people with COPD, empowering them to better manage their condition day-to-day to improve their disease control.

myCOPD provides a range of resources designed to improve disease awareness and support patients to proactively manage their condition through risk factor management and lifestyle modification. Features of the app include pulmonary rehabilitation videos, videos on inhaler technique, COPD checklists and lung function tests, weather and pollution forecasting, self-management plans and inhaler diaries along with notifications to keep users on track.

“Since starting myCOPD both myself, my wife and my family have noticed how much more I can do. I watch the videos to make sure I take my inhalers correctly and have started exercising three times a week using the videos. Now I can walk faster than my wife!”

Michael, 74, Havant

[myCOPD promo video](#)

myCOPD is the complete app for patients living with COPD. Perfect your inhaler technique with our easy-to-follow inhaler videos and learn how to manage your COPD from world experts. Record daily steps and any exercise in our Activity Diary from the comfort of your home and get the very best in COPD care.

As well as getting access to this fantastic app, you can also access free coaching support from the local respiratory teams to help you to get started and build your confidence when using myCOPD.

Click the link to get your FREE access to the approved NHS myCOPD app and coaching support: [get myCOPD](#)

