

We are excited that our practice has the opportunity to access free of charge, a new self-care app called myCOPD. Are you interested in getting this app to help you manage your COPD?

What is myCOPD?

MyCOPD is the complete app for patients suffering with COPD. From perfecting your inhaler technique with our inhaler videos, receiving education from world experts, and a complete online pulmonary rehabilitation class; myCOPD will deliver to you the very best in COPD care.

Do you want to find out more and get involved?

We are going to run a number of COPD digital workshops at the practice over the next few weeks, if you would like to come along to find out more about myCOPD, get access to the free app and meet other patients and support groups then we are meeting on:

Tuesday 25th September 2pm at Callington Town Hall

Tuesday 25th September 4pm at Callington Town Hall

Tuesday 25th September 6pm at Callington Town Hall

Please note the session may last up to 2 hours.

We will have health professionals at the sessions from the practice and community respiratory team plus experts in using the myCOPD app who can help you sign up for the app.

There will be tea and biscuits available on the day along with the experts to help you.

This invitation is open to all patients with a confirmed diagnosis of COPD and you are welcome to bring a friend/relative along with you.

How do you sign up?

There are 2 ways to sign up for access to the app:

1) via email - email the following information:

- Forename
- Surname
- Date of birth
- Valid email address (you will need one of these)

To kernowhealthcic.digitalapp@nhs.net requesting access to be given

2) at a group - come to one of our digital workshops

If you would like to attend one of our groups, please would you confirm which session you will attend and if you are bringing someone with you via email to laura-ann.bruton@nhs.net by Thursday 20th September at the latest.

What should you bring?

You should bring your electronic device (the myCOPD app can be used on almost any device that connects to the internet) your repeat prescription list and/or inhalers with you.

Would you like more information?

Please click on the link below for more information about the myCOPD app:

<https://mymhealth.com/mycopd>