

my mhealth

 my mhealth
mymhealth.com

in partnership with 
Kent and Medway

myCOPD | Asthma | Heart | Diabetes



The my mhealth platform offers expert advice, educational resources, and self-management tools to support people living with long-term conditions, including **COPD, Asthma, Diabetes, and a range of Heart Conditions**



Scan here

To get access for **free**

Ask your clinical team about the my mhealth app today!



Download on the
App Store



Available on the
Google Play

Your journey starts *here*

Just a few steps to get started

1

Scan the QR code with your phone to register to the my mhealth platform **for free**

2

You'll receive an activation email straight away!
Check your inbox (including junk) for an email from donotreply@mymhealth.com

3

Click the link in the email to create your password
Your account is now **active** and you are ready to log in

4

For the best experience, **download the free my mhealth app** to your smartphone or tablet using the QR code below

If using a computer, you can login on mymhealth.com



Scan QR to download



Scan QR to download



5

Log in and set up your account!
You'll be asked a few quick questions and to choose your security preferences



Have a question or require technical support?

Our expert Customer Support team are on hand
8am-5pm, Monday-Friday (exc Bank holidays)
Email us support@mymhealth.com or call on 01202 299583

Entering data and using the my mhealth app **WILL NOT** notify your clinical team to an issue or if you are feeling unwell