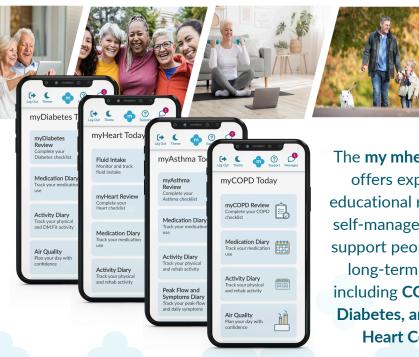
# my mhealth my mhealth my mhealth con



in partnership with **NHS** 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!





## 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

Download on the App Store

iPhone or iPad



Scan QR to download

Available on the
Google Play
inc Samsung, Motorola,

Google Pixel

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