



in partnership with



University Hospital Southampton  
NHS Foundation Trust

myCOPD | Asthma

mymhealth.com



Improve your knowledge



Keep track of your condition



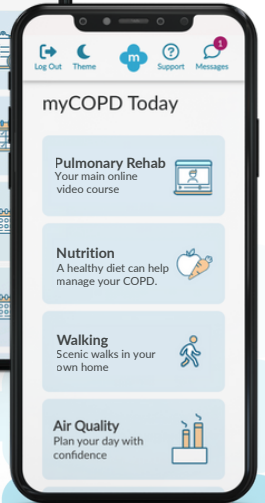
Perfect your inhaler technique



Track your physical activity



Asthma: 13 and over COPD: 18 and over



+ much more!



# 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](http://mymhealth.com)*



Scan QR to download



iPhone or iPad



Scan QR to download



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](mailto: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