



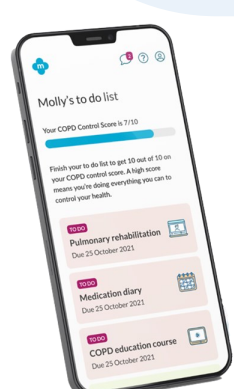
Educate—Enable—Empower

Chronic obstructive pulmonary disease (COPD) is a lifelong condition that causes symptoms of breathlessness and cough. If not managed it can get worse over time and lead to 'exacerbations' which often result in hospital admissions.

Current treatment includes inhaled therapy, education and exercise programmes called pulmonary rehabilitation (PR).

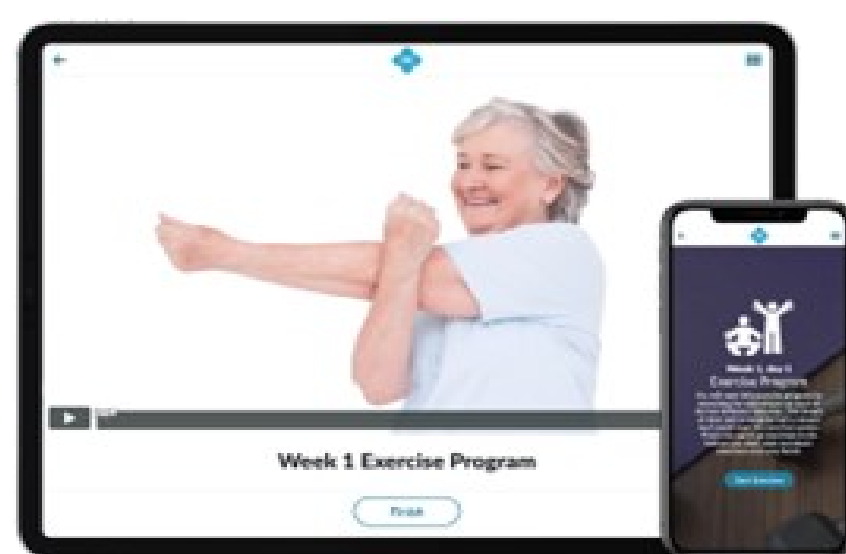
There is growing need to improve access to pulmonary rehabilitation and to support patients to self manage their symptoms effectively. This requires new approaches and pathways of care, such as digital technology.

my mhealth is a digital healthcare company specialising in the development of digital healthcare solutions for the management of long term conditions, including COPD.



myCOPD can help you to manage your COPD for a lifetime *designed by experts for patients*

NHS approved **pulmonary rehabilitation** course for all abilities. Access it as often as you like at home



"I can't get to my local PR class but now I can do it at home"

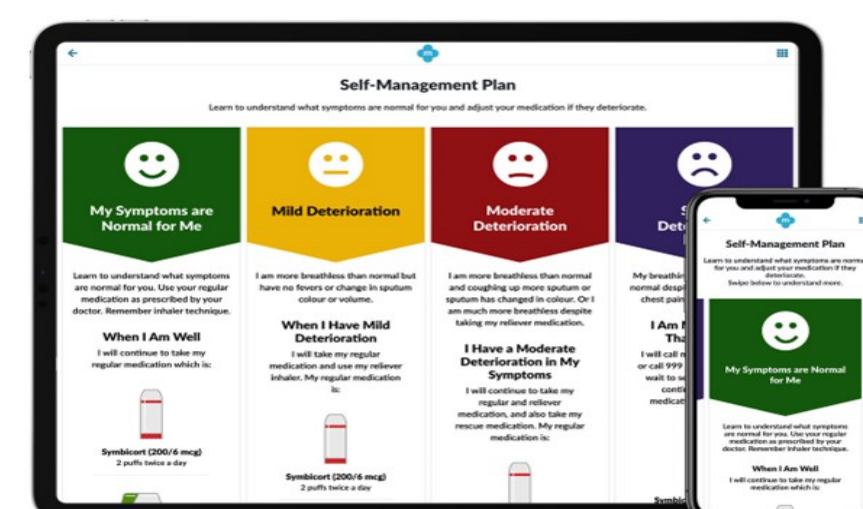
"I get anxious mixing with other people now I can do on my own at home."

Track your health through **symptom reporting** and completing the **COPD Assessment Test**



"I didn't really know anything about COPD, the pictures help me understand more"

The **self-management plan** can give you advice of what to do if you are feeling unwell



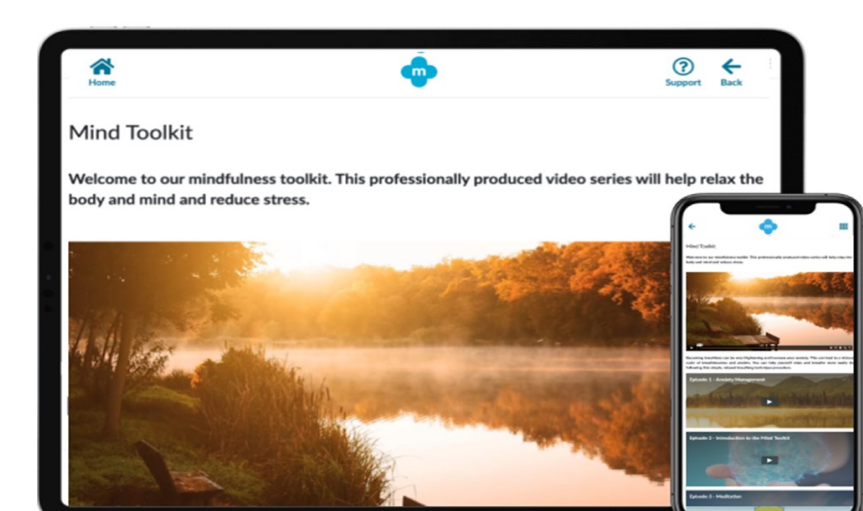
"I wasn't really sure at what point to take my rescue pack now I can see by using my app"

Perfect your **inhaler technique**



"when I got home I forgot what the nurse said about how to use my inhaler properly so I can watch the video"

Explore the **Mind Tool Kit** to help you with any anxiety



"I suffer from anxiety and it is worse when I can't get breathe, I need some exercises to calm me"

PROPEL myCOPD— is a clinical study to see whether myCOPD supports patients to self-manage their health at home after a hospital admission for COPD, and if it can reduce the risk of hospital readmission as part of the respiratory discharge bundle. **Results expected in 2025**