

# App for people with respiratory conditions

Do you have asthma, bronchiectasis, COPD or interstitial lung disease? Would you like information to help you manage your condition? Then download NHS Ayrshire & Arran's Respiratory app onto your smartphone today.

## The free app provides helpful information about:

- Local services and support
- Managing your condition and living well
- Helpful websites
- Alerts for important information
- Managing flare ups
- Medication and inhaler guidance
- And much more...



## To get the app:

- Download the main NHS Ayrshire & Arran app from your Apple or Android app store then select 'Respiratory' from the list.

By downloading the main app you will also have access to a wide range of local information about other health and wellbeing topics.

Follow us on  Ayrshire and Arran Respiratory

Working together to achieve the healthiest life possible for everyone in Ayrshire and Arran



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