



Supporting you in your COVID Recovery

The NHS Wales COVID Recovery App
for adults recovering from COVID-19



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App Store



More information here: [https:// healthhub.wales](https://healthhub.wales)

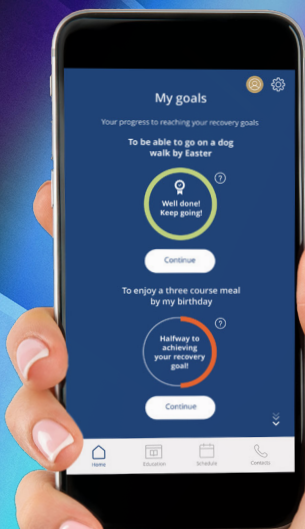


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Supporting you in your COVID Recovery

Learn more about your symptoms, and begin your journey to recovery.

Developed by experts across NHS Wales, for the most accurate and up-to-date advice, all available in the palm of your hand.



The features

| Set goals based around your symptoms

Personalise your recovery goals, taking a step-by-step journey to your COVID recovery.

| Monitor your progress over time

Update your activity log, record your recovery progress, look back at your recovery journey.

| Personalised learning and advice from experts across

Learn more about your symptoms with informative videos.

| Supporting you to reach your COVID recovery goals

Tailored to your symptoms, delivered by the experts.



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Designed by the Institute of Clinical Science and Technology

COVID
Recovery



Yn eich cefnogi chi yn eich gwellhad COVID

Ap Gwellhad COVID GIG Cymru ar gyfer
oedolion sy'n gwella o COVID-19



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Rhagor o wybodaeth yma: <https://healthhub.wales/cy>



Sganiwch
yma

Dyluniwyd gan Sefydliad Gwyddoniaeth Glinigol a Thechnoleg

Yn eich cefnogi chi yn eich gwellhad COVID

Dysgu rhagor am eich
symptomau, a dechrau
eich taith i wella

Wedi'i ddatblygu gan
arbenigwyr ledled GIG
Cymru, i gynnig y cyngor
diweddaraf a mwyaf cywir,
yng nghledr eich llaw.



Y nodweddion



**Gosod amcanion
yn seiliedig ar eich
symptomau**

Personoleiddio'ch
amcanion gwellhad, gan
fynd ar daith gam wrth
gam i'ch gwellhad COVID.



**Monitro eich
cynnyddros
amser**

Cofnodwch eich cynnydd
adferiad, edrychwch yn ôl
ar eich taith adfer.



**Dysgu wedi'i
personoleiddio a
chyngor gan arbenigwyr**

Dysgu rhagor am eich
symptomau gyda fideos
llawn gwybodaeth.



**Yn eich cefnogi chi i
gyrraedd eich amcanion
gwellhad COVID-19**

Wedi'i deilwra i'ch
symptomau, wedi'i gyflwyno
gan yr arbenigwyr.



sganiwch
yma

Dyluniwyd gan Sefydliad Gwyddoniaeth Glinigol a Thechnoleg

COVID
Recovery