



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd  
Addysgu Powys  
Powys Teaching  
Health Board

Tîm Anadlu Cymunedol Powys  
Powys Community Respiratory Team  
Bwrdd Iechyd Addysgu Powys  
Powys Teaching Health Board

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## Cyngor a gwybodaeth ar sut i gefnogi eich asthma

Rydym yn ysgrifennu at bobl Powys gyda diagnosis asthma i sicrhau eich bod yn ymwybodol o'r cyngor a'r gwybodaeth sydd ar gael i helpu rheoli eich cyflwr. Efallai y wyddoch yn barod am y wybodaeth ond rydym yn argymhell eich bod yn treulio ychydig o amser i weld a yw'r wybodaeth o fudd i chi.

### Asthmahub GIG Cymru

Mae ap am ddim ar gael i unigolion ledled Cymru wedi cael ei chreu gan arbenigwr clinigol yn y maes asthma, gyda chymorth gan gleifion, i'ch helpu cadw'n iach. Mae ap Asthmahub GIG Cymru yn helpu chi i:

- gadw trefn ar eich symptomau a chanlyniadau profion
- gwyllo fideos gan arbenigwr yng Nghymru
- cael gafael ar gyngor defnyddiol os yw eich symptomau yn newid neu'n gwaethygu

Efallai bod rhai ohonoch yn poeni nad ydych wedi cael eich gwiriad asthma blynyddol yn eich practis meddyg teulu. Mae'r gwiriad bellach ar ap Asthmahub GIG Cymru, felly gallwch chi ei gwblhau yn eich amser chi. Bydd yr ap hefyd yn rhoi cyngor os oes angen i chi wneud rhywbeth ychwanegol.

I lawrlwytho'r ap, sganiwch y cod ar y dudalen drosodd.

Ar gyfer iPhone / iPad / iOS

## Advice and information on how to support your asthma

We are writing to all Powys individuals with a diagnosis of asthma, to ensure that you are aware of advice and information available to help you manage your condition. You may already know about some of this and we would recommend that you take some time to see if this information can help you.

### NHS Wales Asthmahub

A free app is available for individuals across Wales and has been developed by clinical experts in asthma, with the help of patients, to enable you to stay well. The NHS Wales Asthmahub app supports you to:

- keep track of your symptoms and test results
- watch videos delivered by experts in Wales
- get helpful advice if your symptoms change or get worse

Some of you may be concerned that you have not had your annual asthma check at your GP practice. This check is built into the NHS Wales Asthmahub app, so that you can complete this in your own time and the app will give you advice if there is anything that you need to do.

To download the app, scan one of the QR codes overleaf.

For iPhones / iPads / iOS

Pencadlys y Bwrdd Iechyd  
Y Plasty, Bronllys, Aberhonddu, Powys LD3 0LS  
Ffôn: 01874 711661 Ffacs: 01874 711601



Health Board Headquarters  
Mansion House, Bronllys, Brecon, Powys LD3 0LS  
Tel: 01874 711661 Fax: 01874 711601

Rydym yn croesawu gohebiaeth Gymraeg

Bwrdd Iechyd Addysgu Powys yw enw gweithred Bwrdd Iechyd Lleol Addysgu Powys



We welcome correspondence in Welsh  
Powys Teaching Health Board is the operational name of Powys Teaching Local Health Board



Ar gyfer dyfeisiau Android



neu chwiliwch am 'NHS Wales Asthmahub' ar yr App Store neu Google Play.

Mae sawl peth arall gallwch wneud y gaeaf hwn i gadw'n ddiogel. Cofiwch gael eich brechlyn atgyfnerthu COVID-19 a'r brechlyn fflw. Cofiwch hefyd bod cadw pellter cymdeithasol a pharhau i wisgo gorchudd wyneb yn helpu diogelu chi, nid yn unig o COVID-19, ond o firsau anadlol eraill a'r fflw.

Yr eiddoch yn gywir,

Tîm Anadlu Cymunedol Bwrdd Iechyd  
Addysgu Powys



For Android devices



or search in the App Store or Google Play for 'NHS Wales Asthmahub'.

There are several other things you can do this winter to keep yourself safe. Don't forget the importance of getting your COVID-19 vaccine booster and your flu jab. Please also remember that social distancing and continuing to wear a face mask will help to protect you, from not only COVID-19, but also other respiratory viruses and flu.

Yours sincerely,

The Powys Teaching Health Board  
Community Respiratory Team