

Whittington Health Community Respiratory Team - Asthma and Digital Tools

1 Astmahub

- NHS-developed app, free across England
- Features:
 - Digital asthma plan (exportable PDF)
 - Monthly “Asthma Checker” reviews
 - Symptom tracking
 - Educational materials & reminders
- **Download:** Google Play

2 [myAsthma](#) (via my mhealth)

- NHS-approved tool with:
 - Inhaler technique videos
 - Symptom & peak-flow diaries
 - Personalised action plans
 - Weather & pollen alerts
- Available via NHS App Library or separate download
- Practices can help patients register

COPD and Pulmonary Rehabilitation

3 COPD Information Video

- [Watch here – NHS Lung Health](#)

4 Pulmonary Rehabilitation (PR) Video

- [Watch here – NHS Resource](#)

Additional Guidance and Support

- All Health Advice Resources – [Asthma + Lung UK](#)
 - **Asthma + Lung UK Helpline:** 0300 222 5800
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Quit Smoking Support

- **NHS Stop Smoking Services:** 0300 123 1044 – free support, apps, nicotine replacement therapy
- **Breathe ISL:** 020 6332 609