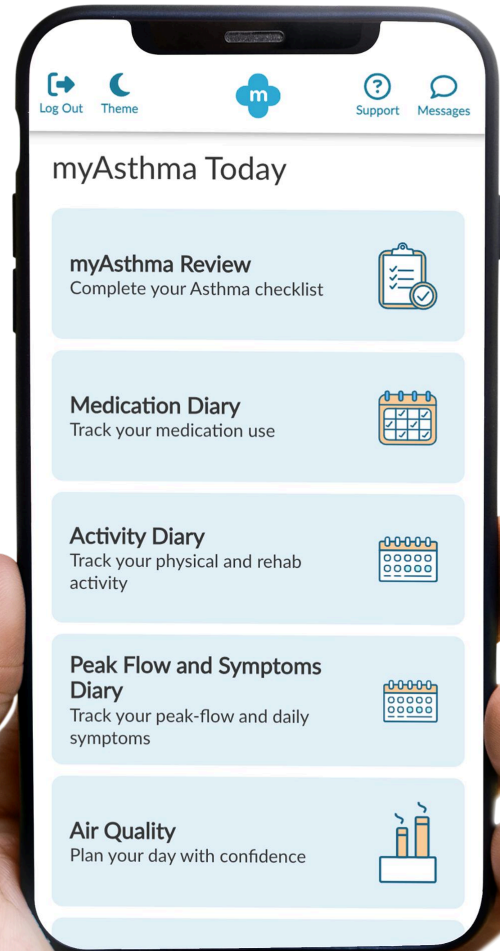


Health in your Hands

The my mhealth app, can help you to...

- ✓ Improve your knowledge
- ✓ Keep track of your Asthma
- ✓ Perfect your inhaler technique
- ✓ Take the asthma control test
- ✓ Mind Toolkit: Mindfulness

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