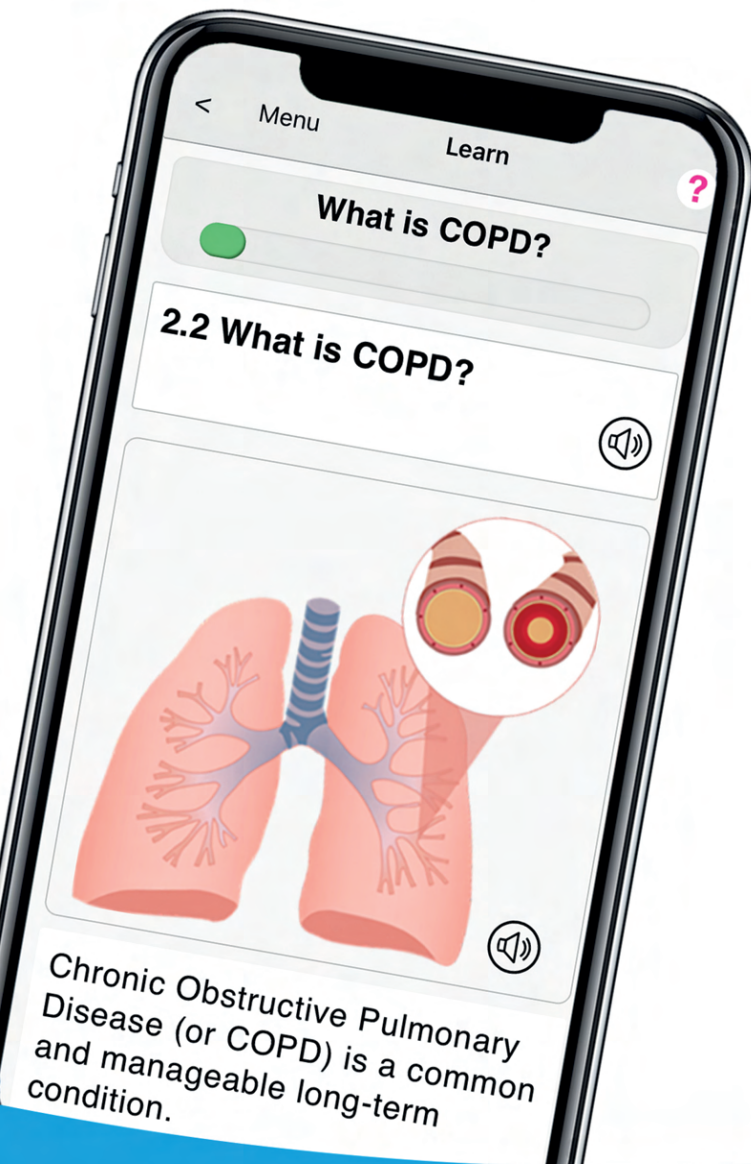


# Education

In-app education for managing your health on your road to recovery.



## Download the App



Minimum requirement:  
iOS 12



Minimum requirement:  
Android 10



If you feel unwell contact your GP or clinician immediately.

## Technical support

7-days-a-week (9am to 6pm)



+44 (0)1480 352821



support@aseptika.com

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# Active+me REMOTE

Powered by **Activ8**lives

## Pulmonary Rehabilitation

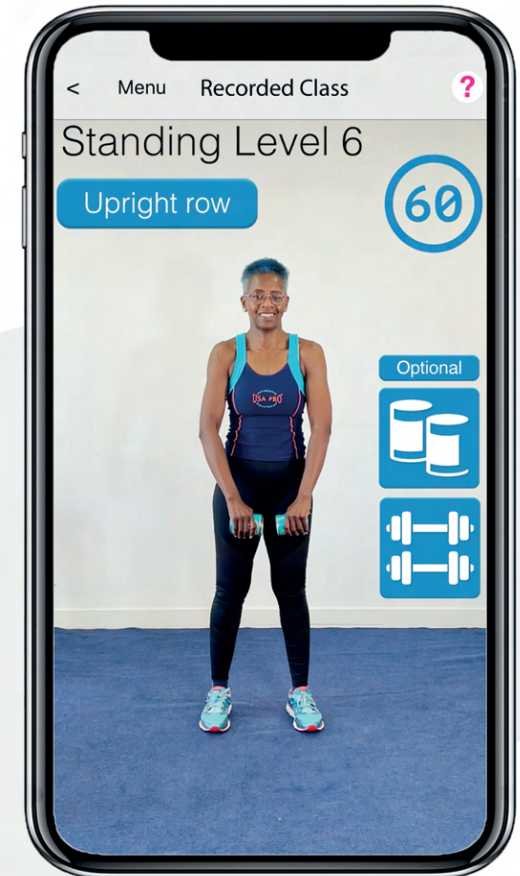
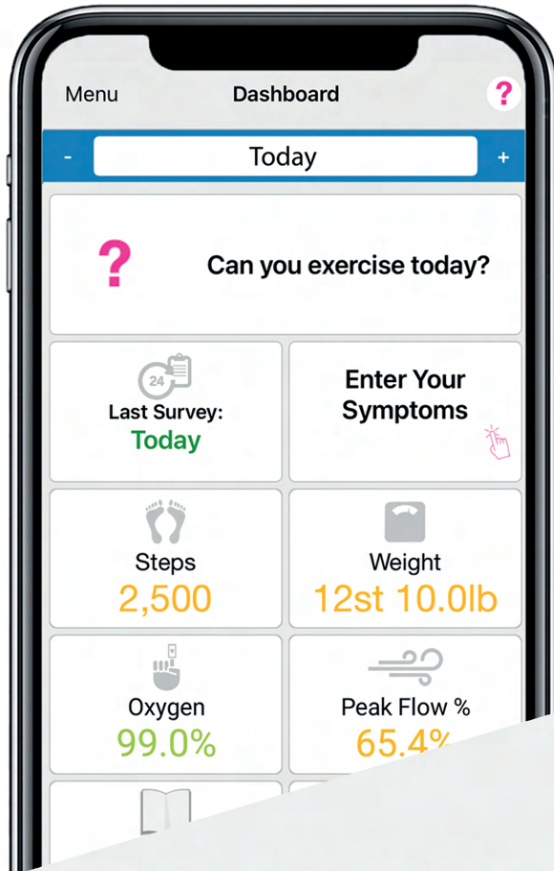




# Exercise

## Walking

Use your phone to track your daily activity.



## Classes

Pre-recorded and live classes available.

# EDUCATION SUPPORT

AVOIDING TRIGGERS  
TOOLS TO SELF-MONITOR  
MEDICATION ADHERENCE