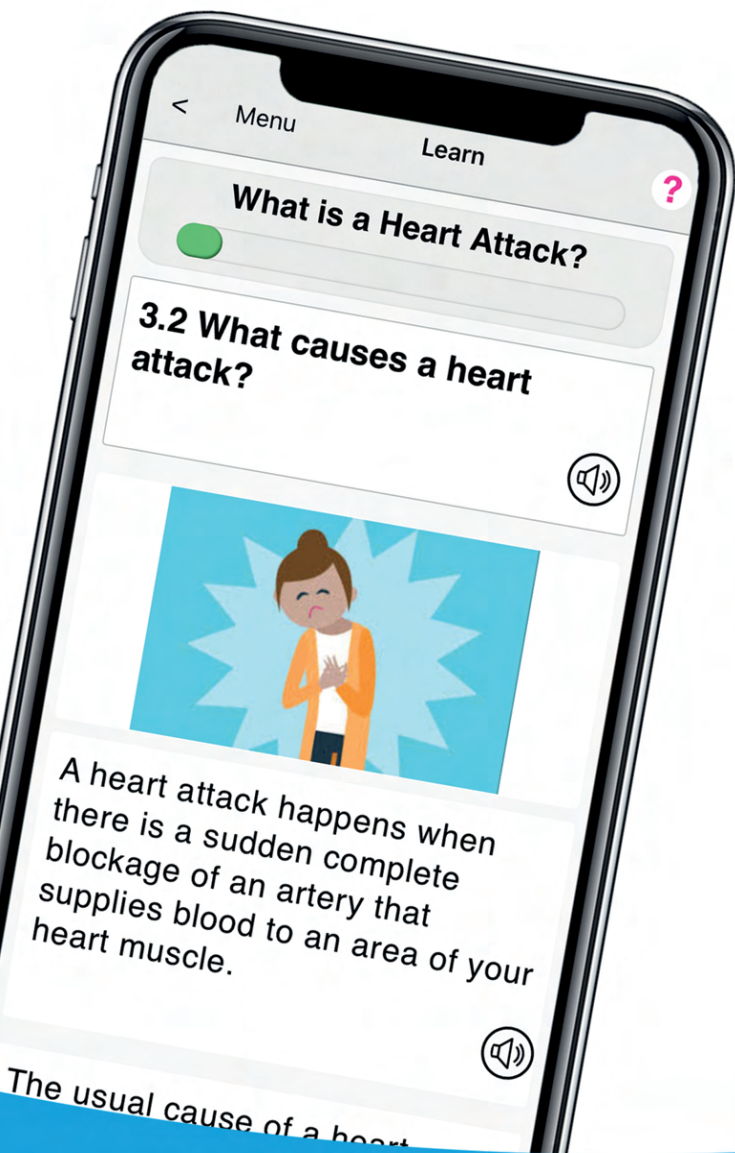


# Education

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

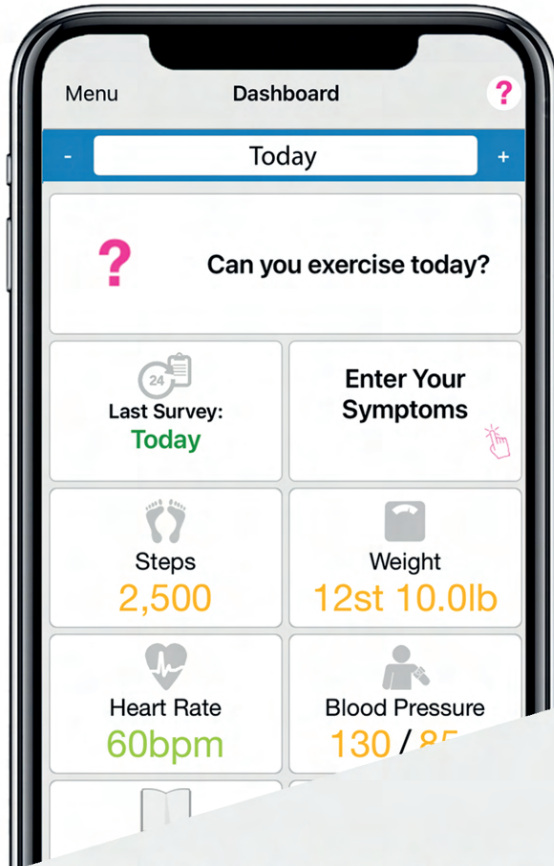
## Cardiac Rehabilitation



# Exercise

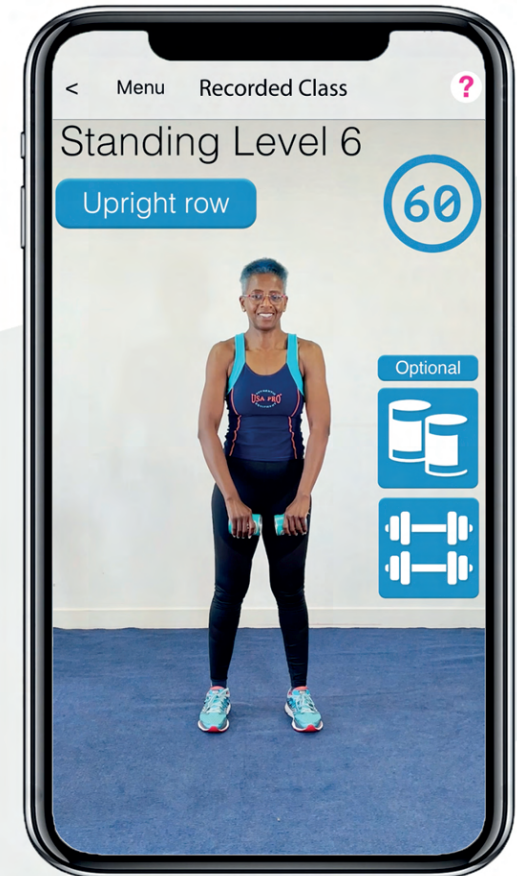
## Walking

Use your phone to track your daily activity.



## EDUCATION SUPPORT

AVOIDING TRIGGERS  
TOOLS TO SELF-MONITOR  
MEDICATION ADHERENCE



## Classes

Pre-recorded and live  
classes available.