

General Family Health

www.helloedlife.com

Introduction

As a health provider, we strive to give you the best care, and the most up-to-date choices and advice.

Sometimes, you'll leave care, and you or your family will be concerned with needs that occur between visits, while you are at home, or alone.

Health technology is evolving at a rapid pace, and though we don't recommend specific products, helloEd is freely available to browse the world's health-related technologies from 100's of providers, bringing you the top-rated products for you and your family to consider.

Check out helloEd to be inspired, discuss with family and see what's possible. Independent. Curated.



Who might this help

- Individuals
- Families
- GPs or Clinics
- Home Carers
- Workplaces or first aid

What types of devices exist?

- Thermometers/Temperature
- Check Ears & Nose
- Heart rate & blood pressure
- Sleep & breathing
- Nebuliser
- Stress & relaxation

What can you do?

- Measure signs for family health to assist with making decisions eg. about when to seek advice
- Help with understanding what's happening
- Help to treat symptoms (eg inhaler, nebulizer)
- Share with your doctor

Questions to Ask

- Does the device need to store for multiple people or family members?

These devices do not constitute a recommendation, They should not be considered life saving devices. They may be left unworn, uncharged or unmonitored. Always consult your doctor, follow instructions, and contact the provider for more information.



See also at www.helloedlife.com

- [Blog Articles](#)
- [Heart Monitoring](#)
- [General Health Insights](#)

Get back to doing what you love

General Family Health

Always consult your Doctor or health professional
Not to be considered life saving devices



Digital Thermometer

Capture data to make decisions or guide medication. Tracks temperature, and can store and share for each member of the family.



Medication & Symptom Tracker

Apps that record symptoms and medication taken, and reminders



Otoscope

Check ears, nose and throat to detect problems and decide if further action should be taken.



Heart/Blood pressure

Capture data to know what's happening with a 'doesn't feel right' heart rate. Check and store for multiple family members and share with the doctor.



Breathing, Sleep & Seizures

Peace of mind while unwell or sleeping, to be able to give help and respond when needed. Sleep monitors, oxygen rings/oximeter, portable nebulizers and ventilin, and detecting seizures



Scales

Scales can track weight, body composition, muscle mass, and other indications. May assist with maintaining an ideal weight, getting a more full picture, or noting of medication or treatment.



Fitness Trackers

Fitness trackers can track steps, movement, standing and related health measures. Many products enable friends and family to share and challenge each other, thereby motivating positive health.



Blood Sugar

Readings for blood glucose levels

