



GoodHealthOutcomes.org
A Telehealth Company for Select Customers
1317 Edgewater Drive Suite 5236
Orlando, FL 32804
Voice 904.590.9598, Fax 317.342.5462
Email: Contact@GoodHealthOutcomes.org

A Home Diagnostic Kit List – Ideal to have in every home

These are ideal tools and devices to have at home. Some may require a small investment but are worth having around. They also help when you have your scheduled telehealth visit.

- **Digital Thermometer:** Essential for recording an accurate core body temperature to track the progression of an infection. Ear thermometers are also available, but they cost more. Amazon costs range between \$3 and \$25 for one of these devices.
- **Pulse Oximeter:** Highly critical for mild coughs, asthma, or respiratory issues. It rapidly counts your heart rate and measures your oxygen saturation (which should ideally sit above 95%). Amazon sells these devices for between \$10 and \$35. They are often available at your local drug or grocery stores also.
- **Automatic Upper-Arm Blood Pressure Cuff:** Used to capture your vitals within 24 hours of your appointment to safely monitor cardiovascular health and adjust medications. Prices for these devices vary from about \$18 to as much as \$200. If you have high blood pressure purchasing a BP cuff for about \$50 is a good investment.
- **Penlight or Flashlight (Smartphone):** Allows you to illuminate a rash or the back of your throat. Taking a well-lit photograph beforehand speeds up your diagnosis and makes the visit more efficient while helping with the diagnosis.
- **Measuring Tape:** Used to track the exact size of a spreading rash, skin infection (cellulitis), or the physical boundaries of joint swelling. Measuring the diameter of swelling (such as on an arm or leg) is helpful to compare to the opposite extremity.
- **Tongue Depressor:** or a clean, flat spoon handle can be used. This helps hold the tongue down comfortably so your throat tissue can be clearly evaluated via video or photo. This may be essential during the telehealth visit.

The above information was reviewed and validated by David Campbell-O'Dell, DNP, APRN-IP, FNP-BC, FAANP