

# Health Literacy Kit: Personal Wellness Equipment List

## iHealth Air Pulse Oximeter

Accurately measure your blood oxygen level, pulse rate, and perfusion index with this wireless pulse oximeter. Clinically tested. View results immediately with the iHealth app.

## Memo Box Mini

Memo Box Mini is a smart pillbox that acts as a personal thinking assistant so that you receive reminders to take your medication. The box paired with the Memo Health App help to ensure that your medication needs are met.

## Healbe GoBe 3

The world's first smart band to track calorie intake, body hydration, and neural activity automatically without manual logging.

## Squegg

Squegg is a digital dynamometer and a grip training device that helps to assess the grip strength and also strengthen the muscles of the hand aiding in hand therapy.

## Tytohome

TytoHome is a lightweight and portable medical exam kit. The TytoCare app gives you an interface between the exam kit and your smartphone or tablet. With these tools, you can collect and send information to a Novant Health professional from your smartphone. Your healthcare provider guides you during the exam.