

Monitoring Your Health

Monitoring your health means keeping track of important health signs like your heart rate, blood pressure, and how active you are.

Why Monitoring Your Health Is Important

Find Problems Early: Checking your health regularly can help find problems before they get worse.

Better Care: Sharing your health info with your doctor helps them give you the right care.

Manage Health Issues: If you have a long-term health issue, keeping track helps you stay healthy and avoid problems.

Stay Involved: Knowing about your health makes you more involved and helps you follow your doctor's advice.

Ways to Monitor Your Health

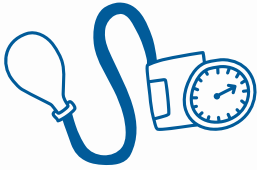
There are many ways to monitor your health. A Remote Health Monitoring System can let your doctor keep track of things like high blood pressure, diabetes, weight changes, heart problems, and asthma. This means you may not have to visit the doctor's office as often. Other ways to monitor your health include:



Use a Thermometer: To check your body temperature.

Weigh Yourself: To keep track of your weight.





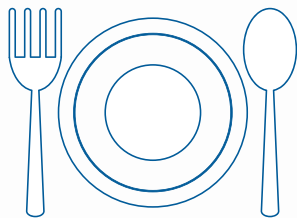
Use a Blood Pressure Monitor: To measure your blood pressure.

Use a Glucose Meter: To check your blood sugar levels if your doctor tells you to do this and if you have diabetes.



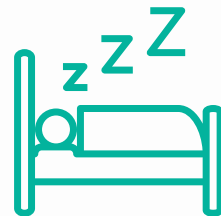
Track Steps with a Pedometer or Fitness Tracker: To see how much you walk each day.

Use a Heart Rate Monitor: To keep an eye on your heart rate.



Keep a Food Diary: To note what you eat and drink.

Record Sleep Patterns: Using an app or device to see how well you sleep.



Keep a Health Journal: To write down any symptoms and how you feel each day.

Use Health Apps: To track various health metrics like exercise, and what you eat and drink.





Wear a Medical ID Bracelet or Necklace that identifies if you have a chronic health condition like diabetes, asthma, etc.

Keep *In Case of Emergency* contact information on your cell phone to help people know who to contact if you need help.



Resources

Learn about the different types of medical alert systems and how they work from the [SafeWise](#) website.

Read about how to choose a medical alert system in this [Healthline.com](#) article.

Consumer Reports published an article titled [Best Medical Alert Systems](#).

Learn about this and other ways to be prepared for a health emergency from the [American Red Cross Ready](#) website.

Get Started with Monitoring Your Health

Step 1. Review the suggested resources above.

Step 2. Decide what you want to know about your health.

Step 3. Ask your doctor what they want to know about your health.

Step 4. Talk with your doctor and other people you trust about ways to monitor about your health.