

Other Important Resources

Please be aware that you are not required to buy these devices from Amazon. Similar devices can be found at Walmart, CVS, Walgreen etc.

1) Blood pressure machine



MMIZOO Blood Pressure Monitor Wrist Cuff for Home Use

Website: https://www.amazon.com/Pressure-Monitor-Adjustable-Automatic-Accurate/dp/B07XYW52VQ/ref=sr_1_9?crd=1KHKOGWP2SIOC&dchild=1&keywords=blood+pressure+cuffs+for+home+use&qid=1619554262&prefix=blood%2Caps%2C429&sr=8-9

2) Blood pressure machine



Blood Pressure Monitor Upper Arm with Large Cuff 9"-17", Automatic Digital Blood Pressure Cuffs for Home Use, Large LCD w/ Backlit, BP Machine w/ 1000 Readings, Pulse Rate Monitoring Meter

Website: https://www.amazon.com/Pressure-Monitor-Automatic-Readings-Monitoring/dp/B08QV7L7RM/ref=sr_1_7?dchild=1&keywords=blood+pressure+cuffs+for+home+use&qid=1619554482&sr=8-7

3) Scale



Himaly Digital Bathroom Scales, Bluetooth Body Fat Scale, High Precision Measuring for BMI, Smart Scale of Body Composition Analyzer with Smart APP for Fitness Tracking, 180kg/400lb

Website: https://www.amazon.com/Bluetooth-Bathroom-Composition-Analyzer-Smartphone/dp/B07Y2TBH3Q/ref=sr_1_22?crd=23OMGILASYL2G&dchild=1&keywords=scales+for+body+weight&qid=1619554622&sprefix=scale%2Caps%2C369&sr=8-22

4) Scale



Letsfit Digital Body Weight Scale, Bathroom Scale with Large Backlit Display, Step-On Technology, Ultra Slim Design, Black

Website: https://www.amazon.com/Letsfit-Bathroom-Technology-Precision-Measurements/dp/B07L2XBK5V/ref=sr_1_9?crid=23OMGILASYL2G&dchild=1&keywords=scales+for+body+weight&qid=1619554756&srefix=scale%2Caps%2C369&sr=8-9

5) Blood Glucose Monitor



Care Touch Diabetes Testing Kit – Care Touch Blood Glucose Meter, 100 Blood Test Strips, 1 Lancing Device, 30-gauge Lancets-100 count and Carrying Case

Website: https://www.amazon.com/Care-Touch-Diabetes-Testing-Kit/dp/B076VSN7TR/ref=sr_1_5?crid=385341SHR8KC&dchild=1&keywords=glucose+meter&qid=1619555350&srefix=glucose%2Caps%2C435&sr=8-5

6) Blood Glucose Monitor



AUVON DS-W Blood Sugar Kit (No Coding Required), High-Tech Diabetes Blood Glucose Meter with 50 Test Strips, 50 30G Lancets, Lancing Device

Website: https://www.amazon.com/AUVON-Required-High-Tech-Diabetes-Glucose/dp/B07TVLNL4Q/ref=sr_1_6?crid=385341SHR8KC&dchild=1&keywords=glucose+meter&qid=1619555886&prefix=glucose%2Caps%2C435&sr=8-6

7) Blood Glucose Monitor



Blood Glucose Monitor Kit, ANKOVO Diabetes Testing Kit with Blood Glucose Meter, 100 Blood Test Strips, 100 Counts 30 Gauge Lancets and Carrying Case, Control Solution, Lancing Device, No Coding

Website: https://www.amazon.com/Glucose-ANKOVO-Diabetes-Solution-Carrying/dp/B0869RWKN8/ref=sr_1_7?crid=385341SHR8KC&dchild=1&keywords=glucose+meter&qid=1619555886&prefix=glucose%2Caps%2C435&sr=8-7

Apps and Websites

Please be aware that you are not restricted to buying or using any of the information provided on this document. There are multiple resources available via Google, YouTube, and the app store. We encourage you to find what will work for you. Exercise as tolerated and eat or lose weight in a healthy way. Call Pure Health Medicine at 678-842-8835 if you have any questions or concerns.

- 1) Calories counting website: <https://www.calories.info/>
- 2) Calories counting app: <https://apps.apple.com/us/app/myfitnesspal/id341232718>
- 3) Calories counting app: <https://apps.apple.com/app/id946099227>
- 4) Health eating website: <https://www.myplate.gov/>
- 5) Health eating app: <https://www.livestrong.com/myplate/>
- 6) Health Weight Loss and More: Noom (Please be aware that this app requires payment)
- 7) Fitness App: 7 Minute Workout: Fitness App ((Please be aware that this app requires payment)
- 8) Mindfulness app: Headspace: Meditation & Sleep
- 9) Mindfulness app: Mindfulness Coach
- 10) Mindfulness app: Meditation by Soothing Pod