

## Appendix D: Health Tools Tables

### Digital Tools

| Tool Name          | Web/<br>Mobile | Type   | URL  | # of<br>Participant<br>s                                     |
|--------------------|----------------|--|--|--|
| MyChart            | Web            | Hospital/Telemedicine:<br>- Duke MyChart<br>- NorthShoreConnect<br>- Northwestern Medicine MyChart | <a href="http://www.dukemychart.org/home/">www.dukemychart.org/home/</a><br><a href="https://www.northshoreconnect.org/mychart/">https://www.northshoreconnect.org/mychart/</a><br><a href="https://myc.nm.org/MyChart/Authentication/Login?">https://myc.nm.org/MyChart/Authentication/Login?</a> | 4 (Valerie, Timothy, Lisa, James)                            |
| WebMD              | Web            | Telehealth-assessment, reviews & research  | <a href="http://www.symptoms.webmd.com/default.htm">www.symptoms.webmd.com/default.htm</a>   | 8 (Valerie, Timothy, Roland, Louise, Bob, James, Carla, Ann) |
| MayoClinic         | Web            | Telehealth   | <a href="http://www.mayoclinic.org">www.mayoclinic.org</a>   | 2 (Valerie, James)   |
| ExtendedCare Cloud | Mobile         | Telehealth Virtual Care  | <a href="https://apps.apple.com/us/app/extended-care-cloud/">https://apps.apple.com/us/app/extended-care-cloud/</a>  | 1 (Valerie)  |

|                        |        |   |   |  |
|------------------------|--------|---|---|--|
|                        |        |   | <a href="https://tendedcare-cloud/id1457828757">tendedcare-cloud/id1457828757</a>   |  |
| Google Play            | Mobile | My Android Apps:<br>- Blood Pressure Diary 2020<br>- Samsung Health | <a href="https://www.Play.google.com/apps?hl=en">www.Play.google.com/apps?hl=en</a><br><br><a href="https://www.Play.google.com/store/apps/details?id=com.bluefish.bloodpressure&amp;hl=en">www.Play.google.com/store/apps/details?id=com.bluefish.bloodpressure&amp;hl=en</a><br><br><a href="https://www.play.google.com/store/search?q=samsung%20health&amp;hl=en">www.play.google.com/store/search?q=samsung%20health&amp;hl=en</a> | 3 (Valerie, Roland, James)                                   |
| Health App             | Mobile | Fitness:<br>- FitBit<br>- iPhone Steps tracker                      | <a href="https://www.fitbit.com">www.fitbit.com</a>   | 6 (Valerie, Timothy, Bob, Linda, James, Carla, Ann)          |
| Google                 | Web    | Search Engine   | <a href="https://www.google.com">www.google.com</a>   | 8 (Valerie, Timothy, Roland, Louise, Linda, Bob, Carla, Ann) |
| Forward                | Mobile | Telemedicine & Health History                                       | Would not open for privacy Concerns   | 1 (Roland)   |
| Skin Cancer Foundation | Web    | Telehealth-research   | <a href="https://www.skincancer.org">www.skincancer.org</a>   | 2 (Timothy, Louise)  |
| Zoc-Doc                | Web    | Telehealth- reviews   | <a href="https://www.zocdoc.com/">https://www.zocdoc.com/</a>   | 2 (Roland, Bob)  |
| Zoom                   | Web    | telemedicine  | N/A   | 1 (Roland)   |
| Camera                 | Mobile | Telehealth  | N/A   | 3 (Valerie,  |

|  |  |  |  |                     |
|--|--|--|--|---------------------|
|  |  |  |  | Timothy,<br>Roland) |
|--|--|--|--|---------------------|

### Physical Tools

| <b>Tool Name</b>            | <b>OTC/Prescribed</b> | <b>Type</b>                  | <b>#of Participants</b>                |
|-----------------------------|-----------------------|------------------------------|--|
| Thermometer                 | OTC                   | Vitals Assessment            | 4 (Valerie,<br>Timothy, Linda,<br>Bob) |
| Infrared<br>Thermometer     | OTC                   | Vitals Assessment            | 1 (Roland)                             |
| Forward                     | N/A                   | Primary Care<br>Subscription | 1 (Roland)                             |
| Herbs/tea/food              | OTC                   | Homeopathic                  | 3 (Louise, Valerie)                    |
| Heating Pad                 | OTC                   | Homeopathic                  | 1 (Louise)                             |
| NSAIDS                      | OTC                   | Medicine                     | 3 (Louise, Bob,<br>Ann)                |
| Journal (paper<br>notebook) | n/a                   | Diary, Symptom<br>Tracker    | 1 (Valerie)                            |
| Blood Pressure<br>Cuff      | unknown               | Vitals Assessment            | 1 (Valerie)                            |
| Oximeter                    | unknown               | Vitals Assessment            | 1 (Valerie)                            |
| Anti-Nausea<br>Medication   | Prescribed            | Pediatrician<br>Prescription | 2 (Timothy, Ann)                       |