

Tips for Taking Accurate Body Temperature and Weight Measurements at Home

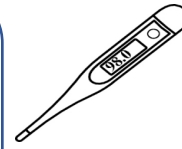
Your healthcare provider uses your temperature and weight measurements to help make decisions about medications and treatments.

Tips to take an accurate temperature at home:

Tip 1:

Use the same type of thermometer each time you take your temperature. There are two types of thermometers:

- **touch/ contact**- used under tongue or in armpit
- **remote/ infrared**- used on forehead or in the ear (Avoid using thermometer strips if possible)



Tip 2:

Always take your temperature in the same location, like under your tongue or in your ear.

Tips to take an accurate weight at home:

Tip 1:

Take your weight at the same time each day.



Tip 2:

Use the same scale in the same location (a hard surface is best).



Tip 3:

Wear the same type of clothing each time (clothes can add 2-4 pounds).



It is important to **write down your temperature and weight every time you take it**. Write down the date, time, result, and location (only for body temperature). Keep this information in a safe place so you can share it during your telehealth visit.

Body Temperature:

Date	Time	Result	Location (ear, armpit, etc.)

Weight:

Date	Time	Result

Helpful Apps for Measuring Pulse and Oxygen Saturation

Pulse: Instant Heart Rate App

Pulse and Oxygen Saturation: Blood Oxygen App (requires smart watch)