

HEALTH TIP

TECH TIPS FOR A UROLOGICAL HEALTH BOOST

Now more than ever before, you can use your time on tech to your urological health advantage. Just be sure to clear any new health apps or devices with your doctor first:



Water Intake Tracker

These can be downloaded as an app on your phone and can help track your daily water intake, while also reminding you when it's time to drink up!



Fitness Devices

Whether it's a watch, pedometer, or other wearable device, there are a wide variety to choose from and may be all the motivation you need to get moving more!



Virtual Diet Journal

If weight-loss or other dietary tracking is on your urological health to-do list, there are many app-based products out there to help you track your intake.



Blood Pressure Apps

Especially useful for those with kidney concerns, blood pressure apps can help alert you to a potential problem, while also allowing you to track when there may be spikes or dips in your blood pressure.