

Preparing for monitoring checklist

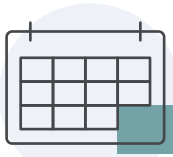
Use this checklist to prepare for long-term monitoring at home



- Stock up on groceries
(or ask someone else to help with the shopping)



- Buy face wipes and a sponge for bathing



- Plan only necessary outings and appointments
(reschedule non-urgent appointments)



- Ask someone to be a buddy



- Make a list of shows to watch and books to read



- Prepare other activities to stay occupied



- Hear from others who have done long-term monitoring by joining online epilepsy support groups



- Download Seer App on your smartphone and start tracking your events today