

# Health gizmos for non-geeks: new monitoring devices for staying well

I was blown away when I heard about pill bottle caps that will tell you (or your doctor or your caretakers) if you've forgotten to take your meds...a kazoo that measures the chemistry of the air from your lungs...and a telephone that can assess whether you're depressed—from the tones of your voice. Remote health monitoring gizmos are not for the future: they are now!