



Chronic & Post Acute

**Care Kit Catalog**

**2023**

Communication Science, Inc.

# WELLNESS



## Getting Down to the Real Me

w/o BP Monitor 6/case    w/BP Monitor 3/case



- Getting Down to the Real Me, Step X Step
- Know the Goal - The Real Me
- Why You Must Succeed
- How to Measure Progress
- How to take Your Blood Pressure
- From "Stress to Calm" Card
- Watch What You Eat Poster

- Get Down with Meals
- Get Down with Moves
- Get Down with Medicine
- Get Down with Sleep
- Set Your Mind "CAN DO"
- Blood Pressure Monitor
- How to Use a Pedometer
- Survive a Night Out

- Record Book
- Digital Scale w/BMI 400lb.
- Tape Measure
- Portion Planner
- Fast Food Advisor
- 1-Week Vitamin Strip
- Pedometer

# 38060  
# 38760 w/BP Monitor & Instructions

# 38090 Care Pak

## Heart Fitness *Metabolic Syndrome*

6/case



- The Short Story on Heart Fitness
- Work Book Folder/Log Book
- Bring Down Cholesterol
- Bring Down Pressure
- How to Stop Smoking
- Dodge & Distract

- Blood Pressure Monitor
- How to take Your Blood Pressure
- How to Use a Pedometer
- From "Stress to Calm" Card
- How to Watch What You Eat

- It's Just 40 Minutes
- Fast Food Advisor
- Pedometer
- Pill Organizer
- Tape Measure

# 36050

# 36090 Care Pak

## Cholesterol

6/case



- The Short Story on Cholesterol
- Work Folder/Log Book
- How to Bring Down Cholesterol
- How to Stop Smoking
- Dodge & Distract

- Blood Pressure Monitor
- How to Take Your Blood Pressure
- How to Use a Pedometer
- "Stress to Calm" Card
- How to Watch What You Eat

- It's Just 40 Minutes
- Fast Food Advisor
- Pedometer
- Pill Organizer
- Tape Measure

# 36150

# 36190 Care Pak



# CHRONIC CONDITIONS

## Blood Sugar Control

6/case



- “By the Way...” Readiness Prompt
- “Hey, I Can’t Hear You”
- The Short Story on Blood Sugar
- Be the Boss
- From “Stress to Calm” Card
- Steady the Score
- Protect the Parts
- How to Watch What You Eat Poster
- How to Survive a Night Out
- How to Stop Smoking
- Dodge and Distract
- Emergency Card
- Adjustable Hand Mirror
- Build-A-Meal
- Fast Food AdVisor
- Magnetic Board
- Measuring Cups
- Door Tag
- Glucose Tablets
- “It’s Just 40 Minutes”
- Skin Care Lotion
- A New Kind of Log
- The New Log Book
- All About Medicine
- Pill Organizer
- Luggage Tag
- LEAP Test

# 35550

# 35534 Insulin Pen Instructions, Step X Step

# 35590 Care Pak

## Coronary Artery Care *Post Myocardial Infarction (AMI)*

6/case



- Coronary Artery Care, Step X Step
- The Short Story on Coronary Arteries
- Magnetic Board
- How to Stop Smoking
- Get Out & Walk/Walking Plan
- Pedometer w/Instructions
- Auto BP, Step X Step
- 28-Dose Pill Organizer
- From “Stress to Calm” Card
- How to Watch What You Eat
- How Medicines Work
- Emergency Card
- Auto BP Monitor
- Journal
- Nitro Vial

# 33460 Standard (BP cuff fits 8 1/2-16 1/2” Bicep)

# 33960 Large (BP cuff fits 16 1/2 x 18 7/8 Bicep)

# 33490 Care Pak

## COPD

6/case



- The Short Story on COPD
- Make the Most of Each Day
- Make the Most of Each Breath
- Make the Most of Each Meal
- Make the Most of Each Move
- Stop Smoking the Natural Way
- 28-Dose Pill Organizer
- From “Stress to Calm” Card
- Troubleshooting Magnet Board
- “What’s in Your Kitchen” Poster
- Oxygen Tubing Swivel Connector
- Stress to Calm Card
- Dodge and Distract
- E-Z Ear Wraps
- Real Crab Poster
- Oxygen Warning Sign
- Log Book

# 22060

# 22160 with Peak Flow Meter and Peak Flow Record Book

# 22360 with Peak Flow Meter/Record and Pulse Oximeter

# 22190 Care Pak

## Heart Failure

5/case



- Work Book Folder
- The Short Story on Heart Failure
- Lighten the Load
- Widen the Road
- Strengthen the Horse
- Types of Meds
- Watch What You Eat Poster
- From “Stress to Calm” Card
- Auto BP, Step X Step
- Emergency/Drug Card
- 28-Dose Pill Organizer
- Magnetic Board
- How to Stop Smoking
- Dodge and Distract
- Auto BP Monitor
- Fast Food AdVisor
- Skin Care Lotion
- Digital Scale
- Measuring Bottle
- Log Book

# 29460 Standard (Digital BP cuff fits 8 1/2 x 16 1/2” Bicep, 440lbs. Digital Scale)

# 29860 Large (Digital, BP cuff fits 16 1/2 x 18 7/8 Bicep, 440lbs. Digital Scale)

# 29360 w/Pulse Ox (Digital BP cuff fits 8 1/2 x 16 1/2” Bicep, 440lbs. Digital Scale)

# 29660 Scale Regular (430lbs. Digital Scale: No BP Monitor)

# 29090 Care Pak

# CHRONIC CONDITIONS



## Asthma - for Child or Adult

6/case



- Six Steps to Control Asthma
- Asthma Coloring Book with Crayons
- Tame the Triggers
- How to Stop Smoking
- From "Stress to Calm" Card
- Dodge & Distract

- Peak Flow Meter
- Peak Flow Record Book
- Medication ID Dots
- Instructional DVD
- Asthma Alert Bracelet

- Journal
- Holding Chamber
- Fanny Pack
- Pillow Encasing
- Mattress Encasing

**# 16360 Starter** (does not include Mattress Encasing)

**# 16560 Twin**

**# 16660 Full**

**# 16760 Queen**

**# 16860 King**

**# 16460 Small Children** (Modified for Children Ages 1-5 yrs.)

**# 16590 Care Pak**

## Blood Pressure Control

6/case



- Short Story on Blood Pressure
- Goal 1: Keep out the Salt
- Goal 2: Stretch out the Arteries
- Goal 3: Clear Out the Cholesterol
- How to Stop Smoking
- How to Set up the Log Book

- From "Stress to Calm" Card
- Wrist BP, Step X Step
- How to Watch What You Eat
- 14-Dose Pill Organizer
- Pedometer w/Instructions

- It's Just 40 Minutes
- Wrist BP Monitor
- Dodge & Distract
- Fast Food AdVisor
- Log Book

**# 34450 Auto Wrist Monitor**

**# 34750 Auto Blood Pressure Monitor** (Standard Cuff 8.5-16.5)

**# 34850 Auto Blood Pressure Monitor** (Ex-Large Cuff 16.5-18 7/8)

**# 34490 Care Pak**



# WELLNESS

## Back Fitness

12/case



- Back Fitness Step X Step
- Endurance, Step X Step
- Control Your Pain Journal
- From "Stress to Calm" Card
- Exercise Bands (light & medium)
- Pedometer
- 5 Dot Sticker
- Pill Organizer
- DVD for Exercises
- How to Use a Pedometer
- Hot/Cold Pack

# 37150

# 37190 Care Pak

## Control the Pain

12/case



- Control the Pain Step X Step
- From "Stress to Calm" Card
- 28 Day Pill Organizer
- Log Book

# 37550

# 37590 Care Pak

## Falls Prevention *Steady on My Feet*

6/case



- Overview
- Exercise Poster
- Magnet Board
- Kitchen Cabinet Poster
- Home Safety Checklist
- Drug Cross Checklist
- Medicine card
- Pill Organizer
- Flashlight
- Strength Band
- Night light

# 39050

# 39090 Care Pak

## How to Stop Smoking

12/case



- How to Stop Smoking
- Pedometer
- From "Stress to Calm" Card
- Watch What You Eat Poster
- Movin' on Out
- Wristband
- Dodge and Distract

# 30150 each  
# 30190 Care Pak

## Foot Care

6/case



- Step X Step
- Leap Instructions/Filament
- Soap
- 5 Disposable Washcloths
- 2 Heavy Duty Emery Boards
- Adjustable Hand Mirror
- Lotion (8oz.)

# 35150 each  
# 35190 Care Pak

## Depression Kit

12/case



- Express Yourself, Photo Album
- Lifting Your Spirits, Step X Step
- From "Stress to Calm" Card
- Change the Channel
- It's Just 40 Minutes
- Pedometer w/Instructions
- My Journal: Where I Am and Where I Want to Be
- 7-Day Pill Organizer

# 30050  
# 30090 Care Pak

## Walking Plan

25/case



- Movin on Out Plan
- Pedometer

# 37050 each

# Post ACUTE

## After Hip or Knee Surgery

6/case



- Recover from Hip or Knee Surgery
- Always Within Reach, Step X Step
- Drug Cross Checklist
- Control the Pain
- Dressing Aid Stick

- 27" Sponge on a Stick
- 26" Reacher
- Long Handled Shoe Horn
- Home Safety Checklist

- Sock Aid
- Safety Whistle
- Night Light
- Walker Bag

**# 50400** Bag Contents Above (w/o Walker Bag)  
**# 50401** Bag (w/Walker Bag)  
**# 50300** Bag (w/Elastic Shoe Laces; w/o Walker Bag, Dressing Stick, Night Light, and Safety Whistle)

**#50490 Care Pak**

## After Hip or Knee Surgery with Falls Prevention

6/case



- Balance Training Booklet
- Control the Pain
- Recover from Hip or Knee Surgery
- Always Within Reach Step x Step
- Home Safety Checklist
- Drug Cross Checklist
- Magnet Board

- Kitchen Cabinet Poster
- 27" Sponge on a Stick
- Long Handled Shoe Horn
- Dressing Aid Stick
- 5 - 8" Cord Organizers
- Moving On
- Exercise Band

- Safety Whistle
- Pill Organizer
- Night Light
- 26" Reacher
- Medicine Card
- Sock Aid

**# 39550** Bag (w/o Walker Bag)  
**# 39551** Bag

**#39590 Care Pak**

## Strong Shoulder

6/case



- Strong Shoulders, Step X Step
- Dressing Aid Stick
- Control the Pain
- Home Safety Checklist

- 27" Sponge on a Stick
- Stretching Bands
- Drug Cross Checklist

- 26" Reacher
- Shoulder Pulley
- Shoulder Bar

**# 60400** Bag (contain Latex)  
**# 60410** Bag (No Bands, contain Latex)

## Urinary Bag Care *How to Change Drainage Bag*

12/case



- Urinary Bag Care Step X Step
- Urinary Drainage Record Card
- Catheter Holding Strap
- Day Bag

- 3 Measuring Cups
- Collection Basin
- Liquid Soap

- Night Bag
- 12 Alcohol Pads
- Funnel

**# 28150** Bag  
**# 28160** Box

**#28190 Care Pak**

## Stroke *Recovery & Prevention*

6/case



- Stroke Prevention/Recovery, Step X Step
- Shopping list
- How to Read Labels
- Stop Smoking the Natural way

- Drink More Water
- Exercise Right Poster
- Log Book
- Stress Card
- BE FAST Magnet Board

- Measuring Bottle
- Pill Organizer
- Blood Pressure Monitor
- BP Instructions

**# 80050** Bag  
**# 80090** Care Pak

## Breast Surgery Aftercare

12/case



- Breast Surgery Aftercare Step X Step
- Exercise Guide
- Drainage Record Card
- 3 Measuring Cups
- Lymphedema Prevention Guide
- Paper Tape
- 5 Adhesive Remover Pads
- Liquid Soap
- Control the Pain
- 1"x54" Plastic Tape Roll
- Alcohol Pads

# 15150 Bag  
# 15160 Bag  
# 15260 Box w/Multiple Drains

#15190 Care Pak

## Multiple Drain Care

12/case



- Multiple Drain Care Step X Step
- Control The Pain
- Drainage Record Card
- 1"x54" Plastic Tape Roll
- 1"x54" Paper Tape Roll
- 3 Measuring Cups
- Numbered Drain Labels
- Liquid Soap
- 4 EasyWear™ Belt Bags
- 10 Adhesive Remover pads
- 20 Alcohol Pads
- 6 Non-Latex Gloves

# 17050 Bag  
# 17060 Box

#17090 Care Pak

## Cardiac Surgery Aftercare

12/case



- Cardiac Surgery Aftercare Step X Step
- How did i get here
- Control the Pain
- Get Out and Walk
- Ask Your Doctor
- From "Stress to Calm" Card
- In Case You're Wondering
- Troubleshooting
- Liquid Soap
- Digital Thermometer
- 28-Dose Pill Organizer
- Temperature & Healing Record

# 19350 Bag  
# 19450 Bag w/Pedometer

#19390 Care Pak

## Pneumonia Care

6/case



- "The Short Story," Goals & Steps on Pneumonia
- Log Book Tracker
- Emergency Medicine Card
- From "Stress to Calm" Card
- Digital Thermometer
- 14-Dose Pill Organizer
- How to Stop Smoking
- Dodge and Distract
- Pure® Cleaning Spray
- Hand Sanitizer
- Pulse Oximeter
- 4 Masks

# 23150 Bag  
# 23190 Care Pak

## Home Again Discharge Kit

12/case



- "Home Again" Short Story
- Control The Pain
- Talking With The Doctor
- Home Safety Checklist
- Magnet Board
- Medicine Checklist
- Falls Board
- Night light
- Pill Organizer

# 90050  
# 90090 Care Pak

## Sepsis Infection Protection

6/case



- The Short Story on infections
- Steps to Control Infections
- Hand Sanitizer
- Disinfectant Spray (Pure)
- Digital Thermometer
- 4 Protective Masks
- 28 Dose Pill Organizer

# 23950  
# 23990 Care Pak



# MULTIPLE DIAGNOSES

## Blood Pressure • Coronary Artery Disease

6/case



- The Short Story on Blood and Coronary Arteries
- Blood Pressure/Coronary Arteries, StepXStep
- The Right Pills at the Right Time
- Get Out and Walk/Walking Plan
- Auto BP Monitor/Standard Cuff
- 28-Dose Pill Organizer
- From "Stress to Calm" Card
- How to Stop Smoking
- Magnetic Board for Emergencies
- How to Watch What You Eat
- Watch What You Eat Poster
- LogBook
- Nitro Vial
- Dodge & Distract
- Total Food Counter
- Fast Food Advisor
- Auto BP, Step x Step

# 43460 (Large Cuff Available)

# 43490 CarePak

## Heart Failure • Blood Sugar • Blood Pressure

3/case



- The Short Story on Heart, Pressure, and Sugar
- Emergency Medical Card
- Magnetic Boards for Emergencies
- Get Out & Walk/Get Up & Go Places
- The Right Pills at the Right Time
- How to Watch What You Eat
- How to Stop Smoking
- Dodge and Distract
- Watch What You Eat Poster
- Auto BP Monitor/Standard Cuff
- Auto BP Step X Step
- 28-Dose Pill Organizer
- Know the Process
- Loose Food Guide
- Fast Food AdVisor
- From "Stress to Calm" Card
- Dodge and Distract
- How to Give Insulin
- Protect Your Skin and Feet
- How to Take Meds
- Mirror
- Shopping List
- Skin Care Lotion
- Glucose Tablets
- LEAP Test
- Meal Planner
- Digital Scale - 438lb.
- Portion Planner
- Record Books (2)

# 45940 (Large Cuff and 440lb scale Available)

# 45990 CarePak

## Coronary Artery • Blood Sugar • Blood Pressure

3/case



- The Short Story on Pressure, Sugar, and Arteries
- Emergency Medical Card
- Magnetic Boards for Emergencies
- Get Out & Walk/Get Up & Go Places
- The Right Pills at the Right Time
- How to Watch What You Eat
- How to Stop Smoking
- Watch What You Eat Poster
- Auto BP Monitor/Standard Cuff
- Auto BP Step X Step
- 28-Dose Pill Organizer
- Know the Process
- Loose Food Guide
- Fast Food AdVisor
- Dodge & Distract
- From "Stress to Calm" Card
- How to Give Insulin
- Protect Your Skin and Feet
- How to Take Meds
- Mirror
- Shopping List
- Skin Care Lotion
- Glucose Tablets
- LEAP Test
- Meal Planner
- Portion Planner
- Record Books (2)
- Nitro Vial

# 44530 (Large Cuff Available)

# 44590 CarePak

# HELP FOR CAREGIVERS

## Caregiver

6/case



- Organizer File
- "What I See" Needs Assessment
- Mission Control Log Book
- StressBusters Stress Quiz
- From "Stress to Calm" Card
- Who's Who in Healthcare Poster
- Family Talk Rules
- Resource Review
- Wants & Wishes
- 7-Day Vitamin Box
- Safety Checklist
- Family Ice Breakers

# 60051 Bag  
#60091 Care Pak

## Dementia

6/case



- Short Story on Dementia Care
- Six Goals for Memory Care
- Stress Quiz
- Three Kinds of Exercise
- Activities Packet
- Safety Checklist
- From "Stress to Calm" Card
- Survival Message
- Scramble Letters
- Key Chain Wrist Bracelet
- Night Light
- 14 Day Pill Organizer

# 70050 Bag  
#70090 Care Pak

### Warranty/Return Policy

Products are warranted against defects in material or workmanship for 1 year. The warranty does not cover damages or wear resulting from misuse. Please call for Return of Merchandise Authorization (RMA) number and directions for return. CSI will bear the cost of and replacing the product with comparable item. Call toll free 877 CAREKIT (227-3548) to speak with Customer Service.

Questions and Orders Toll Free: 1.866.766.5077

All sales are FOB Buffalo Grove, IL unless otherwise stated in writing, freight charges are pre-paid and added to customer invoice.

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