

WHEN TO SPEND, WHEN TO SAVE, ON SOME HOME HEALTHCARE ESSENTIALS

When it comes to protecting yourself and your loved ones from the hazards of the winter cold -- and healthy the whole year through -- **does more money spent equal better care?**

On *The Early Show*, Kris Connell of Real Simple magazine (<http://www.realsimple.com>) discusses the max you should spend on three home healthcare basics, and how to best maximize their use for continued household savings:

1. Thermometers: Under-the-tongue digital thermometers are the best for kids under the age of 4 (doctors found that 25% of fevers went undetected using ear thermometers in children) - you can pay at max \$25 dollars for under-the-tongue digital thermometers but you really don't need to pay more than \$6

2. Heating pads: You could spend \$35 MAX on a deluxe heating pad but it delivers no better relief to your sore spots than a hot water bottle, which can cost as little as \$4. If you want the heating pad, you can spend as little as \$15 on it.

3. Humidifiers: There are a lot of humidifiers out there but you really shouldn't spend more than \$35 to \$40 on one---especially if you are buying them for several rooms in your home. Beware: you can spend upwards of \$150 on one alone!