

IOT Based Health Care System

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Abstract: *An IoT-based healthcare system uses connected devices to monitor patients' health in real-time. Wearable sensors track vital signs like heart rate, blood pressure, and temperature. This data is sent to the cloud, allowing doctors to access it remotely. Alerts are triggered when health parameters go beyond safe limits. IoT devices are especially useful for elderly care, chronic disease management, and remote diagnosis. The system improves healthcare efficiency and reduces hospital visits. It ensures timely interventions, enhancing patient care and convenience*

Keywords: Arduino UNO , IOT