SMART HEALTH BRACELET

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We hereby admit this report completely original from our work expect for quotations and summaries that have been stated in the references. This report be producing based on the regulation of the Final Year Project, Department of Information Technology, Centre of Diploma Studies, UTHM. The cognitive content of this report on studies that have been done from various type of sources for our guidance and from the supervisor to supervise to improve and enhance the quality of the report. If we violate any of the conditions stated in the Final Year Project regulations, all the work of this project will be rejected and penalized and will be considered as fail to complete the diploma study.

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I hereby declared that I have read this thesis report and all its contents are true. The project has been completed in term of scope, quality and the regulations of Final Year Project from the Department of Information Technology, Centre of Diploma Studies, UTHM.

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ABSTRACT

The smart health bracelet, a wearable device integrated with Internet of Things (IoT) technology, represents a revolutionary advancement in the healthcare domain. By seamlessly connecting to various sensors and devices, this bracelet enables continuous monitoring of vital health parameters such as heart rate, blood pressure, and sleep patterns. Leveraging IoT, the bracelet securely transmits real-time data to a cloud-based platform, allowing healthcare professionals and individuals to access and analyze health information remotely. This transformative technology empowers individuals to proactively manage their well-being, facilitates timely interventions, and enhances the overall quality of healthcare delivery. The smart health bracelet embodies the convergence of IoT and healthcare, offering a promising avenue for personalized and preventive medicine in the digital age.

ABSTRAK

Gelang kesihatan pintar, peranti boleh pakai yang disepadukan dengan teknologi Internet of Things (IoT), mewakili kemajuan revolusioner dalam domain penjagaan kesihatan. Dengan menyambung dengan lancar kepada pelbagai penderia dan peranti, gelang ini membolehkan pemantauan berterusan parameter kesihatan penting seperti kadar denyutan jantung, tekanan darah dan corak tidur. Dengan memanfaatkan IoT, gelang itu menghantar data masa nyata dengan selamat ke platform berasaskan awan, membolehkan profesional penjagaan kesihatan dan individu mengakses dan menganalisis maklumat kesihatan dari jauh. Teknologi transformatif ini memperkasakan individu untuk mengurus kesejahteraan mereka secara proaktif, memudahkan campur tangan tepat pada masanya, dan meningkatkan kualiti keseluruhan penyampaian penjagaan kesihatan. Gelang kesihatan pintar merangkumi penumpuan IoT dan penjagaan kesihatan, menawarkan saluran yang menjanjikan untuk perubatan peribadi dan pencegahan dalam era digital.