The employment of intelligent health technologies to enhance healthcare results has garnered growing attention in recent times. A technology that has gained popularity is the health bracelet, a wearable device that monitors multiple health parameters and delivers instantaneous feedback to its users. This literature review aims to analyse the various categories of health bracelets and their potential advantages.

Ennafiri and Mazri (2017) have classified health bracelets as a type of Internet of Things (IoT) device. Wearable devices are engineered to gather information pertaining to an individual's well-being, encompassing metrics such as cardiac rhythm, arterial tension, and circadian rhythms. Subsequently, the information is conveyed to either a mobile application or a cloud-centric platform, where it can be scrutinised and employed to furnish individualised feedback to the user. According to the authors, health bracelets possess the capacity to transform healthcare through facilitating remote monitoring, timely identification of health concerns, and enhanced treatment outcomes.

Amrani et al. (2016) conducted a study that specifically examined the utilisation of health bracelets in the management of chronic illnesses. According to the authors' findings, health bracelets possess the capability to monitor medication adherence, track symptoms, and offer reminders to patients. The implementation of this approach has the potential to enhance patient outcomes and mitigate healthcare expenditures by averting hospital readmissions and other associated complications.

Kumar and Gupta (2017) conducted a study to evaluate the usability of health bracelets in the domain of fitness tracking. According to the authors' findings, health bracelets have the potential to serve as a viable tool for promoting physical activity among users, as they offer immediate feedback and facilitate goal-setting. Nonetheless, the research also revealed certain constraints of health bracelets, including precision concerns and battery longevity.

Wang et al. (2020) conducted a study to investigate the potential of health bracelets in relation to mental health. The study conducted by the authors revealed that health bracelets possess the capability to monitor various mental health indicators such as stress levels and sleep quality. The proposition is made that health bracelets possess the potential to offer timely intervention and avert mental health emergencies.

To sum up, health bracelets exhibit potential as a technological tool to enhance healthcare results. Wearable devices have the potential to serve various purposes such as remote monitoring, chronic disease management, fitness tracking, and mental health monitoring. Notwithstanding, certain constraints remain unresolved, including concerns regarding precision and the longevity of battery performance. Additional investigation is required to comprehensively comprehend the capabilities of health bracelets and to redress these constraints.