**Abstract**

Healthcare is given the extreme importance now a- days with the advent of the novel corona virus. So in this aspect, An IOT based health monitoring system is the best solution for epic Pandemics. Internet of Things (IOT) is the new revolution of internet which is the growing research area especially in the health care. These remote health care monitoring has evolved in such a place.

IOT monitoring of health helps in preventing the spread of disease as well as to get a proper diagnosis of the state of health, even if the doctor is at far distance. A portable physiological checking framework is displayed, which can constantly screen the patient’s heartbeat, temperature and other basic parameters of the room. We proposed a nonstop checking and control instrument to screen the patient condition and store the patient information’s in server.

A remote health monitoring system using IOT is proposed where the authorized personal can access these data stored using any IOT platform and based on these values received, The diseases are diagnosed by the doctors from a far distance. The core objective of this project is the design and implementation of a smart patient health tracking system that uses Sensors to track patient health and uses internet to inform their loved ones in case of any issues. The objective of developing monitoring systems is to reduce health care costs by reducing physician office visits, hospitalizations, and diagnostic testing procedure