In the present world, IoT is changing the infrastructure of technologies. Internet of Things (IoT) based smart health monitoring system is a patient monitoring system in which a patient can be monitored 24 hours. Remote Patient Monitoring arrangement empowers observation of patients outside of customary clinical settings (e.g. at home), which expands access to human services offices at bring down expenses.Healthcare is given extreme importance now a- days by each country with the advent of the novel corona virus. Internet of Things (IoT) is the new revolution of internet which is the growing research area especially in health care. With the increase in use of wearable sensors and the smart phones, remote health care monitoring has also evolved . 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 a far distance.By facilitating effortless interaction among various modules, IoT has enabled us to implement various complex systems such as smart home appliances, smart traffic control systems, smart office systems, smart environment, smart vehicles and smart temperature control systems and so on in very little space. Health monitoring systems are one of the most notable applications of IoT. Many types of designs and patterns have already been implemented to monitor a patient’s health condition through IoT

Several life-threatening diseases can be easily monitored by

IoT based systems. Cardiovascular Disease (CVD) is a

common disease which is the cause behind most of the deaths

in the world. At present, with the revolution of information and

technology, smartphone-based health monitoring systems are

becoming more popular. These systems can be used to collect

real-time health information and give feedback to patients and

medical specialists [3]. Allowing every single person to

examine their health, and advising them to find immediate

treatment in case of emergencies, can result in saving that

person’s life. The use of these monitoring systems can decrease

medical fees for the nation in the long run [4]. Nowadays, due

to widespread mobile internet access, the combination of

mobile internet with a health service system using android

open-source design has become very easy [5]. In recent years,

Electrocardiography (ECG) has become an easily accessible

service for everyone. By recognizing the small difference in

voltage generated by the cardiac muscle, an ECG can properly

determine the heart's functionality. Using a smart device,

doctors and patients can continuously observe the heart rate and

can get important data and take proper steps to prevent severe

damages [6]. Heart rate and body temperature are some of the

most important traits of the human body which are major

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Several life-threatening diseases can be easily monitored by IoT based systems. Cardiovascular Disease (CVD) is a common disease which is the cause behind most of the deaths in the world. At present, with the revolution of information and technology, smartphone-based health monitoring systems are becoming more popular. These systems can be used to collect real-time health information and give feedback to patients and medical specialists. Allowing every single person to examine their health, and advising them to find immediate treatment in case of emergencies, can result in saving that person’s life. The use of these monitoring systems can decrease medical fees for the nation in the long run . Nowadays, due to widespread mobile internet access, the combination of mobile internet with a health service system using android open-source design has become very easy. Using a smart device, doctors and patients can continuously observe the heart rate and can get important data and take proper steps to prevent severe damages . Heart rate and body temperature are some of the most important traits of the human body which are major contributors to determining a patient's health condition. The number of heart bits per minute is denoted as the heart rate of the patient. It is also referred to as the pulse rate of the body. The normal pulse rate of a healthy adult is 60 to 100 beats per minute. The average human pulse rate is 70 beats per minute for males and 75 beats per minute are for females. Females aged 12 and older have faster heart rates than males. The rate changes with illness, due to damage to body, heart, and exercise. Hence heart rate is essential in determining one's health condition.

PROPOSED SYSTEM The core objective of this project is the design and implementation of a smart patient health tracking system. The sensors are embedded on the patient body to sense the temperature and heartbeat of the patient.These sensors are connected to a control unit, which calculates the values of all the sensors. These calculated values are then transmitted through a IoT cloud to the base station. From the base station the values are then accessed by the doctor at any other location. Thus based on the temperature and heart beat values, the doctor can decide the state of the patient and appropriate measures can be taken.