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Abstract: IoT-Based Patient Health Monitoring System

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This project presents an **IoT-based health monitoring system** using an ESP32 microcontroller. It integrates a **temperature and humidity sensor (DHT11)** and a **heart rate sensor** to collect vital health data. The collected data is:

- **Displayed on an OLED screen** for immediate viewing.
- **Monitored remotely via the Blynk app**, providing real-time updates on a mobile device.
- **Sent as an SMS alert through Twilio** if any abnormal values (like high temperature or irregular heart rate) are detected.
- **Posted to a custom web interface**, enabling remote monitoring from any browser.

This multi-platform approach ensures comprehensive health tracking, real-time alerts, and user-friendly access. The system is ideal for patient care, elderly monitoring, and health awareness in remote areas.