

ALL YOU NEED IS..

- Arduino based custom built heart-rate monitor
- Smartphone: Running Android 5.0+
- A will to live a healthy and happy life



GROUP #2 GROUP MEMBERS



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[https://github.com/vpranathy/
Health-Monitor](https://github.com/vpranathy/Health-Monitor)

HomePage:
[http://healthmonitoringhomep
age-env.5ndteffiz2.us-east-
2.elasticbeanstalk.com/](http://healthmonitoringhomepage-env.5ndteffiz2.us-east-2.elasticbeanstalk.com/)



HEART-RATE MODULATOR

*Fitness matters,
wellness works.*

[github.com/vpranathy/
Health-Monitor](https://github.com/vpranathy/Health-Monitor)



EXERCISE



SLEEP



STUDY

Live Heartrate is :
65

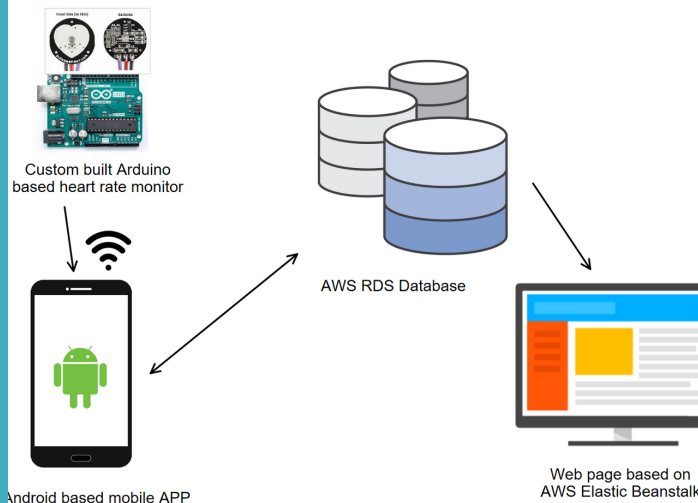
132 <-Minimum/Maximum-> 145
Heart Rate

PRODUCT FEATURES

- Web & Mobile application integrated with a pulse sensor
- Allowing the user to improve his/her lifestyle
- Use of music to regulate heartbeat and provide better workouts and sleep cycles
- Improve sleep cycles or play soothing music to help the user relax

SMART ASSISTANCE

- The Webpage will be used for data visualization.
- Graphs depict the heart rate of the user during an activity.
- Web-based login capability and a web-based database.
- AWS RDS Database which is a collection of information that is organized so that it can be easily accessed, managed, and updated.



BASED ON SCIENTIFIC RESEARCH

- Music and healing go hand in hand.
- Heart rate acts as a gauge to judge how well the person is involved in that activity.
- Music tempo can be used to modulate the heartbeat of the person.