**IOT in Health Care System**

The future of healthcare is shaping up in front of our very eyes with advances in digital healthcare technologies, such as artificial intelligence, VR/AR, 3D-printing, robotics or nanotechnology. We have to familiarize with the latest developments in order to be able to control technology and not the other way around. The future of healthcarelies in working hand-in-hand with technology andhealthcare workers have to embrace emerginghealthcare technologies in order to stay relevant inthe coming years.

Internet of Things (IOT)-enabled devices have made remote monitoring in the healthcare sector possible, unleashing the potential to keep patients safe and healthy, and empowering physicians to deliver superlative care. It has also increased patient engagement and satisfaction as interactions with doctors have become easier and more efficient. Furthermore, remote monitoring of patient’s health helps in reducing the length of hospital stay and prevents re-admissions. IOT also has a major impact on reducing healthcare costs significantly and improving treatment outcomes.  IOT has applications in healthcare that benefit patients, families, physicians, hospitals and insurance companies. IoT for Patients - Devices in the form of wearables like fitness bands and other wirelessly connected devices like blood pressure and heart rate monitoring cuffs, glucometer etc. give patients access to personalized attention. These devices can be tuned to remind calorie count, exercise check, appointments, blood pressure variations and much more.

IoT has changed people’s lives, especially elderly patients, by enabling constant tracking of health conditions. By using wearable’s and other home monitoring equipment embedded with IoT, physicians can keep track of patients’ health more effectively. They can track patients’ adherence to treatment plans or any need for immediate medical attention. IoT enables healthcare professionals to be more watchful and connect with the patients proactively. Data collected from IoT devices can help physicians identify the best treatment process for patients and reach the expected outcomes. Using of the Fit bit to monitor the sleep and track a person are such examples of IOT. With the ability to monitor one’s health at home and share the results remotely with their physician, these devices empower people to take control of their health and make more informed decisions.

The huge amount of data generated by these connected devices holds the potential to transform healthcare like Deployment of interconnected devices that includes sensors, actuators, monitors, detectors, camera systems etc. These devices collect the data. IoT is redefining healthcare by ensuring better care, improved treatment outcomes and reduced costs for patients, and better processes and workflows, improved performance and patient experience for healthcare providers. Some of the major advantages of IOT in healthcare like Cost Reduction Improved the proactive treatments. IOT devices help in effective decision making but also ensure smooth healthcare operations