**Abstract**

The Internet of Things (IoT) has the potential to transform health care by profoundly altering how hospitals, clinics and other care facilities gather and use data by bringing together the major technical and business trends of mobility, automation and data analytics to improve patient care delivery. IOT helps in connecting the people by empowering their health and wealth in a smart way through wearable gadgets. The main aim of this work is to provide an extensive research in capturing the sensor data's, analyzing the data and providing a feedback to patients based on different health parameters. This paper focuses on making the system affordable and user friendly for the mass people. With the increase in popularity of smart wearable devices, an opportunity to provide an Internet of Things (IoT) solution has become more available.