Introduction

Nowadays, health is one of the most important issues to any of us in the society. The way to maintain good health is to keep track on the body’s condition, so we can carry out specific treatment in response to any negative changes in our body as soon as possible.

However, people in our society, especially the elderly, seldom have this idea. This group has not much idea of how to find out their health condition in a convenient way. In addition, according to Centre for Health Protection, coronary heart disease, one kind of heart disease, consumes a significant number of deaths. This is a serious issue and we need to tackle it.

Methodology

- Detection of heart rate and blood pressure
- Check-up the data and transmit it via Wi-Fi ware
- Display the data on the screen of mobile and generate health advice

Aim

1) Build heart beat rate and blood pressure measurement device
2) Transmission of data to app
3) Collect data and generate health advice in app for user interface

Result

- Security of heart
  - As heart condition is well monitored, as long as following corresponding advice, users can maintain good body condition.
- Data transmission
  - The results recorded can be transmitted to smartphones via Wi-Fi. The synchronization of results with app can allow the information to be stored and for future use such as medical records.
- Ease of use
  - The interface gives a clear instruction to the elderly to use this device. Furthermore, the icons are large enough for users, especially the elderly, using it.