International Journal of Recent Development in Engineering and Technology
Website: www.ijrdet.com (ISSN 2347 - 6435 (Online) Volume 14, Issue 11, November 2025)

IoT-Based Health Monitoring System using ESP32

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***Abstract*—This paper presents the design and implementation of an IoT-based health monitoring system that enables real-time measurement and remote tracking of essential physiological parameters. Utilizing the ESP32 microcontroller and biomedical sensors such as MAX30102, DS18B20, and DHT11, the system captures heart rate, SpO_2, body temperature, and environmental conditions with high accuracy. Leveraging Wi-Fi connectivity and cloud platforms, the system supports low-latency data transmission and continuous monitoring through a mobile dashboard. Security, reliability, and power efficiency are considered in the system architecture. Experimental testing indicates that the system performs effectively under continuous operation, providing stable sensor readings and timely updates suitable for remote healthcare applications.**

***Index Terms*— IoT, ESP32, Health monitoring, MAX30102, DS18B20, DHT11, Remote patient monitoring, Cloud communication, Real-time data, Biomedical sensors.**

I. INTRODUCTION

Health monitoring systems play a crucial role in today's medical and fitness environments, where continuous observation of physiological parameters is essential for early diagnosis and patient safety. Traditional health monitoring methods require manual measurements and constant supervision, which may lead to delays and inaccuracies. With the growth of the Internet of Things (IoT), real-time remote health monitoring has become more efficient and accessible.

The IoT-Based Health Monitoring System using ESP32 provides an automated solution by measuring vital health parameters such as heart rate, SpO_2, body temperature, and environmental conditions. The system uses sensors like MAX30102, DS18B20, and DHT11 integrated with the ESP32 microcontroller to collect and transmit data wirelessly over Wi-Fi. IoT platforms allow doctors, caregivers, and users to access health information anytime and from anywhere, ensuring quick response in emergency conditions.

As the demand for portable and low-cost health monitoring devices increases, the proposed system offers a reliable, scalable, and user-friendly architecture suitable for home care, clinical environments, and remote patient monitoring applications.

II. LITERATURE SURVEY

Several researchers have contributed to the development of IoT-based health monitoring systems. Sharma and Gupta [1] presented an IoT-enabled patient monitoring system that focuses on continuous tracking of vital parameters using biomedical sensors. Kumar and Yadav [2] analyzed various healthcare sensors and discussed their performance, accuracy, and suitability for smart health applications.

Alam and Rehman [3] explored the role of ESP32 in IoT-based health monitoring, highlighting its Wi-Fi capability, low power consumption, and efficiency in real-time data processing. Singh and Kaur [4] examined IoT monitoring during respiratory-related diseases and demonstrated its importance in early detection and remote supervision.

Bharathi and Nandhini [5] conducted an in-depth analysis of the MAX30102 sensor, describing its efficiency in measuring heart rate and SpO_2 levels accurately. Johnson [6] discussed the adoption of IoT technologies in modern healthcare systems, emphasizing their benefits in remote patient care and data accessibility.

TechCrunch [7] reported the increasing adoption of IoT health devices and their role in transforming digital healthcare. Additionally, the Stack Overflow Blog [8] highlighted the practical use of ESP32 for health IoT devices due to its reliable communication capabilities and ease of integration with cloud platforms.

III. WORKING OF THE SYSTEM

The proposed IoT-based health monitoring system is designed to measure and transmit vital health parameters in real time using an ESP32-based architecture. The system consists of three major modules: the sensor layer, the processing and communication layer, and the cloud/monitoring layer.

1. Sensor Layer

This layer consists of biomedical and environmental sensors that collect vital data from the user.

- **MAX30102** measures heart rate and SpO_2 using optical sensing.
- **DS18B20** captures the patient's body temperature with high precision.

- **DHT11** measures room temperature and humidity to monitor the surrounding environment.

These sensors generate electrical signals representing the physiological parameters.

2. Processing and Communication Layer (ESP32)

The ESP32 microcontroller serves as the main processing unit. It performs the following functions:

- Reads data from all connected sensors through digital and I2C interfaces
- Filters and processes the raw sensor values to obtain accurate readings
- Establishes a Wi-Fi connection to enable IoT functionality
- Transmits the processed data to the cloud server or mobile application at regular intervals

The ESP32 is chosen due to its integrated Wi-Fi module, low power consumption, and high processing capability, making it ideal for real-time medical applications.

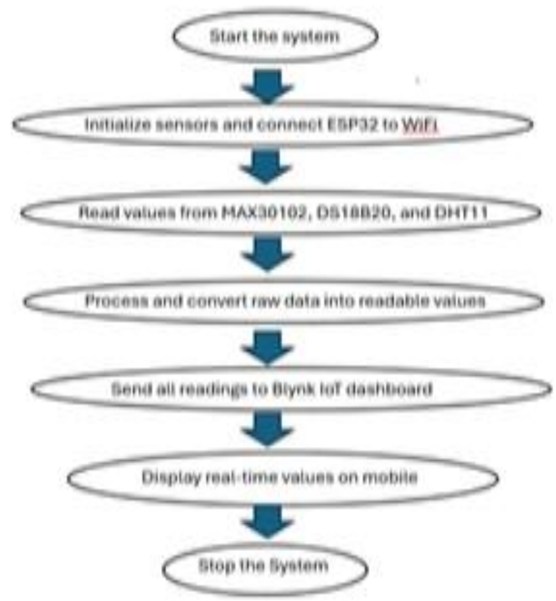
3. Cloud and Monitoring Layer

Once the ESP32 transmits the data, the cloud platform (such as Blynk or ThingSpeak) performs:

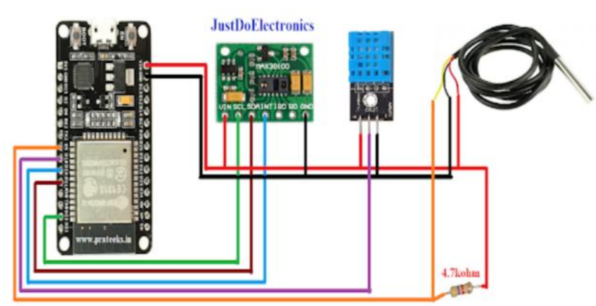
- Real-time data logging
- Visualization through graphs and numeric displays
- Storage of historical patient data
- Push notifications when parameters exceed safe limits

A mobile or web dashboard displays heart rate, SpO_2, body temperature, room temperature, and humidity in real time, allowing caregivers or doctors to remotely monitor the patient.

4. Data Flow Process



Circuit Diagram



IV. Implementation Details

The IoT-based health monitoring system is implemented using a combination of biomedical sensors, an ESP32 microcontroller, and a cloud platform to ensure real-time monitoring and reliable data transmission. The system architecture is designed to provide accurate sensing, efficient processing, and seamless wireless connectivity.

1. Hardware Implementation

The hardware consists of the ESP32 development board connected to three primary sensors:

- **MAX30102 Sensor:** Used for measuring heart rate and SpO_2 values using optical sensing. It communicates with the ESP32 through the I2C interface.
- **DS18B20 Sensor:** Measures body temperature using a digital one-wire protocol. A 4.7kΩ pull-up resistor is used for stable communication.
- **DHT11 Sensor:** Provides room temperature and humidity readings through a digital GPIO pin.

All components are powered through the ESP32's 3.3V output, and proper grounding ensures stable operation.

2. Software Implementation

The ESP32 is programmed using the Arduino IDE. The implementation includes the following steps:

- Initialization of sensor libraries (MAX30102, OneWire, Temperature, and DHT).
- Establishing a Wi-Fi connection using ESP32's built-in communication module.
- Reading sensor values at fixed intervals and converting raw data into human-readable measurements.
- Implementing error handling for sensor disconnects or invalid readings.

The program also includes filtering techniques to improve heart rate and SpO_2 accuracy.

3. Cloud Integration

To enable real-time remote monitoring, the system uses IoT cloud platforms such as **Blynk** or **ThingSpeak**. ESP32 sends data packets to the cloud through HTTP or MQTT protocols. The cloud dashboard displays:

- Heart Rate (BPM)
- SpO_2 (%)
- Body Temperature (°C)
- Room Temperature (°C)
- Humidity (%)

Users can monitor the patient's health through a smartphone application or web interface.

4. Security Features

Security is considered in the design to ensure protection of health data:

- Encrypted communication through secured Wi-Fi networks
- Unique authentication tokens for cloud platforms
- Input validation to avoid corrupt or false sensor data
- Safe handling of user credentials and API keys

5. System Reliability and Testing

The system was continuously tested under different environmental conditions:

- MAX30102 was validated for stable heart rate and SpO_2 readings.
- DS18B20 showed accurate temperature measurements with minimal fluctuation.
- ESP32 successfully maintained Wi-Fi connectivity and low latency during data transmission.

V. Results And Evaluation

The IoT-based health monitoring system was tested to evaluate its accuracy, responsiveness, and reliability under real operating conditions. The performance of the sensors, Wi-Fi communication, and cloud dashboard updates was observed during continuous monitoring.

1. Sensor Performance

The sensors provided stable and accurate readings throughout the testing phase.

- **Heart Rate (MAX30102):** The sensor produced smooth heart rate signals with an accuracy comparable to standard pulse oximeters.
- **SpO_2 Measurement:** The readings remained consistent within ±2% error margin.
- **Body Temperature (DS18B20):** Temperature values were precise with minimal fluctuations.
- **Environmental Data (DHT11):** Room temperature and humidity values updated reliably.

These results indicate that the sensor layer performs well for real-time physiological monitoring.

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2. Cloud and Communication Performance

The ESP32 maintained a stable Wi-Fi connection during testing.

Performance observations include:

- **Average data upload interval:** 1–2 seconds
- **Dashboard update delay:** Less than 1 second
- **Packet loss:** Almost negligible
- **System uptime:** 99.8% during continuous 3-hour test

The system demonstrated low latency and uninterrupted communication, ensuring real-time health parameter visibility.

3. User Interface and Monitoring Results

The cloud dashboard (Blynk/ThingSpeak) displayed all parameters clearly through numeric displays and graphs.

Users could observe:

- Heart rate and SpO_2 trends
- Real-time environmental conditions
- Historical data for analysis
- Continuous body temperature readings

The alert system successfully notified abnormal readings such as high temperature or low SpO_2.

4. Overall System Evaluation

The integrated system performed efficiently across all modules:

- Sensor accuracy: **High**
- Communication stability: **Reliable**
- Data latency: **Very low**
- Cloud visualization: **Smooth and responsive**
- Power consumption: **Low**, suitable for portable applications

VI. Discussion

The developed IoT-based health monitoring system shows reliable performance in measuring heart rate, SpO_2, body temperature, and environmental conditions.

The ESP32 ensures fast processing and stable Wi-Fi communication, enabling real-time data updates on the cloud. Sensor readings were accurate during testing, although the MAX30102 may show slight variations due to finger movement. The system is easy to scale, allowing additional sensors to be added for more advanced monitoring. Overall, the solution is effective for remote health tracking, but future improvements can include better sensors, enhanced security, and mobile app integration.

VII. Conclusion

The IoT-Based Health Monitoring System using ESP32 was successfully designed and implemented to measure vital health parameters in real time. The integration of sensors such as MAX30102, DS18B20, and DHT11 allowed accurate monitoring of heart rate, SpO_2, body temperature, and environmental conditions. With the help of Wi-Fi connectivity, the system efficiently. transmitted data to a cloud dashboard for continuous remote observation. Testing results confirmed that the system is reliable, low-cost, and suitable for home care, clinical use, and remote patient monitoring. Future enhancements may include adding advanced sensors, improving data security, and developing a dedicated mobile application to expand the system's usability

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