ABSTRACT

Health is very important thing in this life. a healty body that can support people in many activities. Unfortunately this case make some people pay no attention to their physical health. The number of cases of sudden death caused by uncontrolled health conditions such as heart attacks on people who have working hours that exceed the normal limit of 7-8 hours per day. Especially if the busy work is not balanced with a healthy lifestyle, it is one of the factors causing sudden death. Along with the times and increasing awareness of people to preserve their physical health, they need a tool that can monitor health in the midst of many activities and jobs. This system uses a pulse heart rate sensor and an LM35 temperature sensor as a device that serves to detect the user's heart rate and body temperature, so that the user can see the results through an android application installed on the smartphone. Smart Jacket can help make it easier for users to monitoring their health, this is based on usability testing conducted on 3 testers. And based on functionality testing, the smart jacket functions properly in accordance with its function.

Keywords *: android, iot, health, pulse heart rate, LM35, temperature, Heart Rate*.