



SENIOR PLANET

*Aging with Attitude*

## IoT & Healthcare

### What is the Internet of Medical Things?

- Medical applications and devices connected to healthcare information technology systems through online networks.

### Applications of IoT in healthcare:

- Tracking, remote monitoring, and treatment of illnesses
- Robotics
- Smart pills
- Healthcare facilities and Telehealth

### Examples of connected medical devices:

- Smart activity and fitness trackers
- Insulin pumps
- Blood pressure monitors
- Heart monitors
- Smart thermometers
- Sleep trackers



### Privacy concerns:

- Vulnerable to hackers
- Individuals' health information can be exposed to unauthorized use
- Requires strong authentication, authorization, and secure systems

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