

Build a personal health management and monitoring system that combines medication schedule reminders and health data analysis.

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Abstract: In practice, effectively managing and monitoring personal health is an important issue for improving quality of life. This topic focuses on building a personal health management and monitoring system, while also providing automatic medication reminders and health data analysis to support medical decision-making. The research methodology includes both experimentation and application deployment to ensure the system's effectiveness. The expected results will contribute to the understanding of personal health management and the development of healthcare support technology.

Keywords: Health management, Data analysis, Medication reminders, Medical technology, Health information system