in conclusion, it's important to visit trusted physician regularly in order to build communications and make it easier to find the right specialist in the event of a problem. In addition, consulting an expert about concerns itself can help improving the patient feelings and mood. The smart wireless healthcare system components are the "ESP8266 WiFi module", "Arduino UNO", resistors, "16x2 LCD screen", "heart rate sensor", "10K potentiometer", LEDs, and "ThingSpeak cloud". For obtaining better results in the future .the pressure sensor may be introduced