Physiological measurements can give useful information about diseases and health. Especially, long-term physiological measurement giving chronological information of health have been considered as a promising method for maintain subject's health. However, sometimes, long-term continuous measurement by oneself has still been difficult. Achieving of habitualizing measurement is wholly dependent on subject's motivation. Besides this, recently, commercialized 3D VR headset such as Oculus Rift, VIVE, Google Cardboard and PlayStation VR has been rapidly arisen. We are now considering that a 3D VR headset must be attached on human body during 3D VR video watching and 3D VR gaming, then, if a physiological parameter sensor could be embedded in the headset, physiological measurement would be automatically (or arbitrarily) accomplished. We call this concept as “incorporating physiological measurement with gaming” and believe that this can be a possible health management methodology in the near future. In this talking, potential of VR headset not only 3D image/video presenting method but also physiological measurement basis is discussed.

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