Get Your seca Body Composition Analysis Test Today!

- Analyze your weight by measuring your body composition
- Monitor your fat mass, lean muscle mass and total body water
- Identify early indicators of various diseases
- Set your goals
- Track your progress towards your goals during treatment and recovery
- Results available through your health professional
- Results will enhance services provided by your health professional

Medical Measuring Systems and Scales since 1840

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St. Rita's Weight Management Program
Caring together. MERCYHEALTH

seca® Precision for health

St. Rita's Health Partners
Weight Management Center
830 W. High St., Suite 150
Lima, Ohio 45804
Phone: 844-Liv-Well (844-548-9355)
www.mylivwell.org

seca operates worldwide with headquarters in Germany
and branches in France, United Kingdom, North America, Switzerland, China, Japan, Mexico, Austria, Poland, UAE, Brazil, Finland and Latin America.

new

Medical Body Composition Analysis –
Take a deeper look from the inside out.

seca® Precision for health

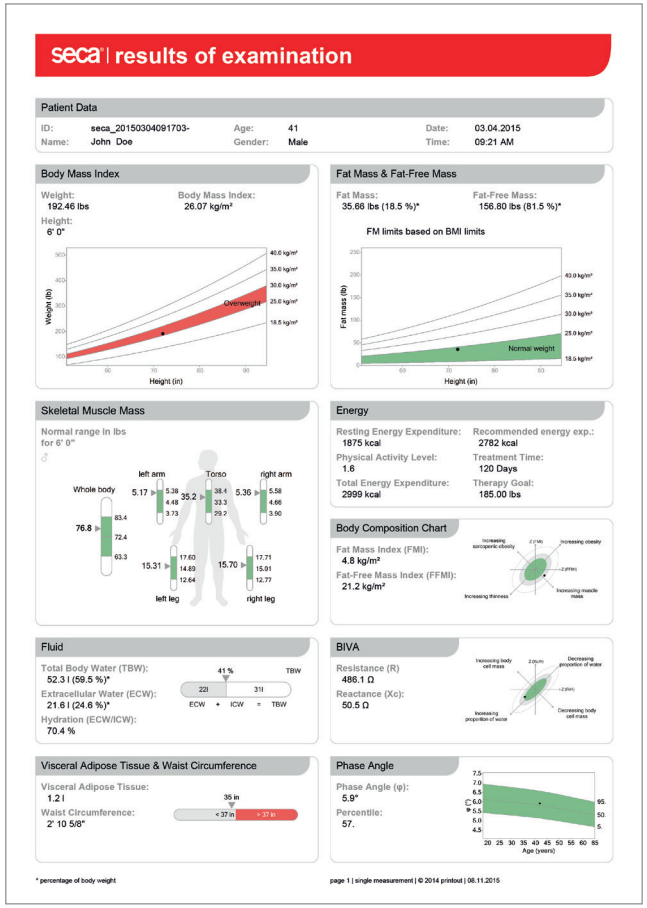
Understanding Body Composition.

When you step on a scale and see that your weight has changed, what really changed? The body fat? Muscle? Water? Measuring your body composition allows you to truly understand the changes in your weight.

Knowing how much fat you need to lose and how much muscle mass you are gaining can help tailor your food and movement/exercise plans to reach your goals.

Your body composition analysis will be used as a guide to help determine your ideal weight and to monitor your progress throughout your treatment.

Receive an easy to read, one page analysis that informs you on where your health stands.



seca | results of examination

Patient Data

ID: seca_20150304091703- Age: 41 Date: 03.04.2015
Name: John Doe Gender: Male Time: 09:21 AM

Body Mass Index

Weight: 192.46 lbs
Body Mass Index: 26.07 kg/m²
Height: 6' 0"

Fat Mass & Fat-Free Mass

Fat Mass: 35.66 lbs (18.5 %)*
Fat-Free Mass: 156.80 lbs (81.5 %)*
FM limits based on BMI limits

Skeletal Muscle Mass

Normal range in lbs for 6' 0"

Energy

Resting Energy Expenditure: 1875 kcal
Recommended energy exp.: 2782 kcal
Physical Activity Level: 1.6
Treatment Time: 120 Days
Total Energy Expenditure: 2999 kcal
Therapy Goal: 185.00 lbs

Body Composition Chart

Fat Mass Index (FMI): 4.8 kg/m²
Fat-Free Mass Index (FFMI): 21.2 kg/m²

Fluid

Total Body Water (TBW): 52.3 l (59.5 %)*
Extracellular Water (ECW): 21.6 l (24.6 %)*
Hydration (ECW/ICW): 70.4 %

BIVA

Resistance (R) 486.1 Ω
Reactance (Xc): 50.5 Ω

Visceral Adipose Tissue & Waist Circumference

Visceral Adipose Tissue: 1.2 l
Waist Circumference: 2' 10 5/8"

Phase Angle

Phase Angle (φ): 5.9°
Percentile: 57.

* percentage of body weight

page 1 | single measurement | © 2014 printout | 08.11.2015

We provide our patients with the most comprehensive body composition testing on the market!

Experience a cutting-edge bioelectrical impedance analysis with the seca mBCA. Our non-invasive assessment provides an in-depth analysis measuring fat mass, fat-free mass, total body water, intracellular water, extracellular water, and skeletal muscle mass in a rapid 17 seconds. Distinguish between weight changes and understand the real health benefits even when your weight remains the same.

Quick analysis only takes 17 seconds!

FM **Body Fat %:**
Obtain your precise body fat % to help determine your weight loss goal.

SMM **Muscle Mass %:**
Identify your body's ability to burn calories to help increase your resting energy expenditure.

VAT **Visceral Fat:**
Quantify the visceral fat volume in your abdominal region - the higher the value, the higher the risk of cardiometabolic illnesses.

Fluid Levels:
Monitor your fluids to prevent imbalances.