

BIO IMPEDANCE ANALYSIS TERMINOLOGY KEY

FEATURE	EXPLANATION
PRICE/WARRANTY/SOFTWARE	
USE	Most popular use of product
WARRANTY	Standard warranty
INCLUDES SOFTWARE	Technical software (not including storage fees*)
TECHNOLOGY	
TECHNOLOGY	Overall technology being used
FREQUENCIES	Frequencies determine the level of depth of electrical impedance, important for accuracy
WEIGHT CAPACITY	Total weight the scale can accommodate
TRANSACTION STORAGE ON UNIT	Record storage available on unit
BLUETOOTH	Bluetooth capabilities
WI-FI	WiFi capabilities
APP AVAILABLE	iPhone/Android App (client facing)
BASIC DATA	
WEIGHT	Sum of all body water, mineral, protein and fat
LEAN MASS*	Body weight minus body fat (includes essential fats found in organs, bones, bone marrow and nervous system)
SKELETAL MUSCLE MASS	Muscle Mass that is attached to a bone
% BODY FAT	Percent of fat in the body related to other mass
FAT MASS	Total amount of fat mass
TOTAL BODY WATER	Total amount of body water
PROTEIN MASS	Molecules that are required for the structure, function and regulation of the bodies tissues and organs
MINERAL MASS	Essential nutrients that the body needs to survive and carry our daily functions
DRY LEAN	Pounds of protein and minerals in the body
SOFT LEAN MASS	Sum of Your Total Body Water, Protein and Non-Osseous Minerals (calculated by deducting your Bone Mineral minus total Minerals)
BODY CELL MASS	Total mass of all metabolically active tissue in the body
INTRA CELLULAR WATER	Water inside the cellular wall
EXTRA CELLULAR WATER	Water outside the cellular wall
ECW/TBW	Water outside the cell compared to total body water
BODY MASS INDEX	Estimation of a person's health using outdated and irrelevant formulas
BASAL METABOLIC RATE	Total number of calories required to maintain basic function
VISCERAL AREA	Fat stored in the abdominal cavity (responsible for chronic disease)
VISCERAL LEVEL	Rating of visceral fat on predetermined scale
VISCERAL FAT MASS	Total pounds of visceral fat
SUBCUTENOUS FAT	Fat stored under the skin
SEGMENTAL LEAN MASS	Distribution of lean mass throughout th body
SEGMENTAL FAT MASS	Distribution of fat mass throughout the body
SEGMENTAL WATER	Distribution of water throughout the body
SEMENTAL ICW	Water inside the cell in each part of the body (arms, legs, trunk)
SEGMENTAL ECW	Water outside the cell in each part of the body (arms, legs, trunk)
DETAILED ANALYSIS	
OBESITY DEGREE	Assessment of obesity on predetermined scale
ABDOMINAL CIRCUMFERENCE	Estimated circumference of abdomen
ARM CIRCUMFERENCE	Estimated total circumference of each arm
ARM MUSCLE CIRCUMFERENCE	Estimted amount of muscle in circumference of each arm
BONE MINERAL CONTENT	Amount of mineral content in the bones. Diet and exercise impact bone mass, which we lose as we age
PREDICTIVE OBESITY	Prediction of subjects abdominal obesity as they age
CONTROL GUIDE/GOAL SETTER	Commonly accepted ranges with recommended weight (fat/lean) loss
BODY TYPE	Type of body structure using a predetermined scale
BODY BALANCE ASSESSMENT	Assessment of balance of the body
TOTAL ENERGY EXPENDITURE	Sum of BMR and calories needed for daily activity
BIOLOGICAL AGE	Comparing the optimal body composition based on gender and biological age with th actual analyzed body composition
PHASE ANGLE	Index for evaluating the cell membrane's health
WAIST TO HIP RATIO	Size of waist to hips (indicator of obesity related disease)
HEALTH SCORE	Overall rating of individuals health on predetermined scale
OBESITY ASSESSMENT	Assessment of overall body type based on BMI and body fat
<i>This information is accurate as of 3/2019. Any errors are unintentional. Please report them to info@spartanwellnesstechnology.com</i>	