

SOZO® Digital Health Platform

# BodyComp™ Analysis

Go beyond the scale to take charge of your health and fitness goals

## Comprehensive Analysis

Understand the precise makeup of your body – and how this is changing over time – to maximize your performance and health.

## SOZO Provides

Fluid Analysis	Tissue Analysis	Metabolic Report
Total body water	Skeletal muscle mass	Basal metabolic rate
Extracellular fluid	Fat mass	Phase angle
Intracellular fluid	Fat-free mass	Body mass index
Hy-Dex® hydration analysis¹	Protein and minerals	Weight

## Actionable Results

- › Know your body composition
- › Set healthy targets
- › Track your success

## How SOZO Works

Simply stand on the device with bare hands and feet. The test takes less than 30 seconds. It is non-invasive and you won't feel a thing. Results are provided immediately. A licensed healthcare provider will take your SOZO measurement, walk you through the results, and make recommendations for any changes in treatment or training to help you achieve your health and fitness goals.

## Patented BIS Technology

Unlike other bioimpedance devices, SOZO uses ImpediMed-patented bioimpedance spectroscopy (BIS) technology to provide a more direct measure of fluid by passing a low-level current through the body's fluid at 256 frequencies up to 1000kHz. BIS offers the only noninvasive, low-cost technology available to accurately measure body water volumes in the clinical setting.

1. Hy-Dex® Hydration Analysis is only intended for use with healthy individuals  
2. As tested on Android

