

Health Monitor GMON

„INDICATE Health Risks – RATE professionally – REACT prophylactically“

Explanation to Register Home/Pro BCM



Body composition provides an insight into important health indicators. Quantitative evidence of early indications of disease, the impact of changes in lifestyle or the success of preventative action can be obtained on the basis of these indicators.

Body fat monitors make it possible to differentiate body composition (depending on the capacity profile of such monitors) using the principle of Bioelectrical Impedance Analysis (BIA).

According to the type of scale the following parameters are displayed:

[Body weight](#), body fat percentage and [body fat mass](#), [total body water](#), free fat mass, [muscle mass](#) (inclusive the Sarcopenic Index), bone mass, [physique rating](#), basal metabolic rate, daily caloric intake, visceral fat level, metabolic age.



The instructions and safety information relating to the monitor used always apply.



Follow the basic rules below to obtain accurate and reproducible body composition measurements:

- Measurements are best taken in bare feet. If the soles of the feet are callous or if thin nylon stockings are worn this may affect the accuracy of the measurements. You can put 0.5 ml of water or salt water in the middle of each foot electrode.
- Measure when wearing the same clothes if possible (best naked or in underwear).
- Measure under the same conditions and at the same time of day.
- Measure when bladder empty.
- Do not measure straight after eating a large meal or excessive fluid intake.
- Fluctuations in water balance affect body fat percentage measurements.
- Take adequate rest after sport or strenuous activity.
- Do not measure after a sauna, taking a bath or swimming.
- The insides of the thighs should not touch while the measurement is being taken, hold a towel between them where appropriate. The same applies in the case of segmental measuring for arms and upper body.
- Keep electrodes clean using a disinfectant.



[Overview about GMON modules](#)

general operation instruction, using goals values, other relevant parameters for health

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Explanation of physique rating:

Physique Rating		Explanation
result	detailed result	
1	11 – 13 or 21 – 23	Hidden obese
2	14 – 16 or 24 – 26	Obese
3	17 – 19 or 27 – 29	Solidly-built
4	31 – 33 or 41 – 43	Under exercised
5	34 – 36 or 44 – 46	Standard
6	37 – 39 or 47 – 49	Standard muscular
7	51 – 53 or 61 – 63	Thin
8	54 – 56 or 64 – 66	Thin and muscular
9	57 – 59 or 67 – 69	very muskular

