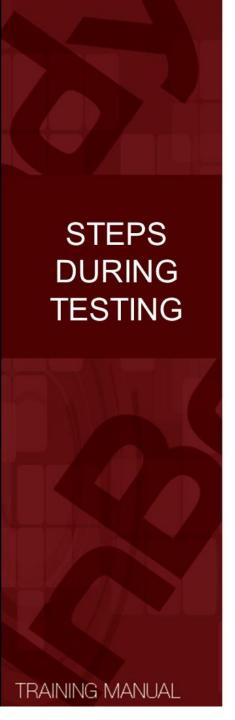


Prepare for your InBody Test by adhering to the following instructions:

- Hydrate well the day before consistent water
- Do not drink caffeine on the day of your test
- Do not eat for 3-4 hours prior to testing
- Do not exercise 6-12 hours prior to testing
- Do not take InBody Test after a shower or sauna
- Do not consume alcohol for 24 hours prior to testing
- Insure access to both feet with removable footwear (no socks or pantyhose)
- Do not wear jewelry- all jewelry will have to be removed prior to testing
- There is no need for lotion/ointment on your hands and feet
- Measure after standing for at least 5 minutes
- Warm up yourself for 20 minutes before a test performed in winter
- For females, avoid having measurement during menstrual period as total body water will be higher than normal
- Individuals with pacemakers or other electronic medical devices should not take the InBody Test



- 1. Wipe hands and feet with InBody Tissue
- Remove shoes, socks, heavy articles of clothing and empty pockets
- 3. Stand on scale for weight measurement
- Match back of heels to rear edge of heel electrodes
- 5. Bare feet must contact electrodes
- 6. Weight is obtained automatically
- Input Member ID*, Age, Height & Gender, then press ENTER
- Hold handles lightly with thumb and fingers covering electrodes
- Proper posture is normal standing position with arms and legs extended
- 10. Relax all muscles do not tense or contract
- Avoid direct contact between arm and side of body
- Lift arms 15 degrees away from body during analysis
- 13. Avoid movement during analysis
- 14. Completed message appears at finish
- 15. Result Sheet should print automatically

*Make sure to create unique Member ID's so that you can keep track of the progress.

InBody Confidential and Proprietary

