

## 1. What is the InnerScan™ Body Composition Analyzer?

The InnerScan Body Composition Analyzer, or BCA, is a simple and accurate way to monitor your fat-loss journey and set you up for success. So much more than a simple scale, the BCA uses FDA-cleared Bioelectrical Impedance Analysis (BIA) technology to measure key health indicators, including bone mass, muscle mass and visceral fat.

## 2. How is this different than my bathroom scale?

Your bathroom scale only shows you how much you weigh. It doesn't take into consideration how much of that weight is fat, muscle, water or even bone.

## 3. Should I really throw out my scale?

If we're being honest, yes. Since you can't accurately track changes in your body with the average bathroom scale, why keep it around?

## 4. What indicators does the BCA measure?

The BCA provides 5 key measurements:

- |                 |                 |
|-----------------|-----------------|
| 1. Weight       | 4. Visceral fat |
| 2. Body water % | 5. Body fat %   |
| 3. Muscle mass  |                 |

In addition, the BCA features the following bonus measurements:

Bone mass

Daily caloric intake (DCI)

Metabolic age

Physique rating

## 5. How accurate is the BCA?

Backed by human clinical studies, it is within a 5% accuracy of expensive medical-grade scans, such as Dual-energy X-ray absorptiometry (DEXA).

## 6. How does the BCA work?

The BCA uses Bioelectrical Impedance Analysis (BIA) technology. By following the electrical impulses in your body and discovering where the most opposition is, BIA is able to determine an estimate of your water weight, muscle mass, visceral fat and more.

## 7. This type of technology sounds complicated. Is the BCA easy to use?

YES! In addition to each BCA coming with a quick use guide, please see our other resources, which will help you start using it right away.

Additional Resources:

[Instructional Sheet](#)

[Instructional Video](#)



### **8. I keep hearing the word visceral fat. What is that?**

Visceral fat is abdominal fat that can be stored deep within the abdominal cavity. It can wrap around major organs and cause all sorts of health problems.

### **9. Does this use the Body Mass Index (BMI) to determine the numbers?**

No. The BCA focuses on changes in your Body Composition Index to determine important measures of your health. This is a more accurate depiction of how your body is doing and the measures you need to take to reach your specific goals.

### **10. Are there certain conditions I should adhere to when using the BCA?**

Yes. Some conditions you should keep in mind:

- Use 3 hours or more after eating and 12 hours or more after vigorous exercise or alcohol intake.
- Select a consistent time of day, and stick to it.
- Use with an empty bladder.
- Use when normally hydrated.
- Unclean foot pads may interfere with conductivity.
- Nylons interfere with conductivity. If it is absolutely necessary to measure in nylons, use a drop of isopropyl (rubbing) alcohol on the foot pads to act as a conductor.
- Not during menstruation.
- Early morning is not recommended because the body is often dehydrated after a night's sleep. Once you have established your baseline, monitor body fat weekly. Checking body fat more frequently is not beneficial as changes occur slowly over time.

### **11. Can anyone use the BCA?**

Not everyone should use the BCA, which is suitable for adults age 18 years and older. People with pacemakers or other electronic medical implants are advised not to use it. Although there are no known health risks, this precaution is advocated by all manufacturers of BIA. Accuracy is an issue for certain categories of people, but the units may still be used to monitor trends and accurately show a degree of change.

They include:

- Pregnant women.
- People who exceed the weight capacity of the scale (330 lbs.) or exceed 75% body fat.