

Our clinic offers Body Composition Analysis using the Inbody 570. Body composition analysis refers to measuring your body muscle, fat and water. Complete this form if you are interested in this service.

Cost: \$110. Most health insurances do not pay for body composition analysis. The cost of the analysis is patient responsibility.

Name: \_\_\_\_\_

Date of Birth \_\_\_\_\_ Email: \_\_\_\_\_ :

Phone \_\_\_\_\_

Have you had an Inbody Body Composition Analysis in the past?

If Yes, when was your last analysis? \_\_\_\_\_

Please bring a copy of your last Body Composition Report, if you have it. Are you Pregnant?  Yes  No

Do you have a medical implant (pacemakers, patient monitoring systems or any other life sustaining medical implants) ?  Yes  No

We recommend performing the test first thing in the morning. On the morning of your body composition test, please follow this checklist

- Do not test if you are pregnant, menstruating, or have any medical implants such as pacemakers, defibrillators, loop recorders, spine and bladder stimulator implant devices or other life-sustaining medical implants.
- Hydrate well the day before
- Stand upright for at least 5 minutes
- Use the bathroom prior to the analysis
- Remove all metal objects (jewelry, watches, belts, etc.), socks, pantyhose, shoes, and heavy articles of clothing
- Warm yourself up for 20 minutes if you are testing in cold weather
- Avoid eating/exercising at least 3 hours prior to test
- Avoid consuming alcohol or caffeine at least 24 hours prior to test
- Avoid using a shower or sauna 2 h prior to test
- Avoid using lotion/ointment on your hands and feet

