KNOW YOUR DEVICES!

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	/nBodyBAND
Product Type	Wearable
Product Weight	25g
InBody Test	\checkmark
Body Fat (kg/%)	\checkmark
Muscle Mass	\checkmark
BMI	\checkmark
BMR	\checkmark
Visceral Fat	×
InBody Test Area	Upper body
	Measures upper
InBody lest Logic	entire body
InBody Test Logic InBody Test Electrodes	4-point (2x fingers/2x wrist)
InBody Test Logic InBody Test Electrodes InBody Test Posture	4-point (2x fingers/2x wrist) 4 Electrodes

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Wearable
35g
\checkmark
×
Upper body
Measures upper body and estimates entire body
4-point (2x fingers/2x wrist)
4 Electrodes
1-NI

In Body Dial
Scale
2.7kg
\checkmark
Entire body
Directly measures entire body
8-point (2x thumbs, 2x palms, 2x front feet, 2x heels)
8 Electrodes

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Scan for more info!

InBody

FREQUENTLY ASKED QUESTIONS

Why does the Dial measurements differ when a user uses the same scale within intervals of several minutes? Are these 2-3% differences in results acceptable? Why do these % differences occur?

The InBody test uses the Bioimpedance Analysis (BIA) to measure water content in your body and analyse body composition.

So, it is important that the amount of water in your body is enough as body composition measurements may change with the movement of water within your body. If there are changes in body composition measurements, an error of at least 1% to 3% of body fat percentage may occur. In order to derive accurate results and avoid steep differences in results, please follow these steps:



REMEMBER: Results may still vary despite following these steps as your body is always changing.

2 Why is the Dial better than weighing scales from other competitors?



Accurately measures full body (upper and lower body)

Measures body and relies on formula

3 Why is empirical data not recommended for accurate body results?

By using empirical data to calculate a user's body composition, it roughly guesses your body measurements based on a formula without directly measuring your body. It is also not recommended to use empirical data as some information may already be predetermined and alter your results. Examples:



This predetermined information may alter your final test results regardless of your actual body composition. In the case of the InBody Dial, it does not use empirical data and only requires you to include your height details.

Please elaborate on the 4-or 8-point tactile electrode method? Does more points equal to better results?

The InBody Dial uses the 8-point tactile electrode method which accurately measures both upper and lower body. A 4-point electrode device would measure either the upper or lower body and based on that result, it would estimate only half of the body composition. This means that an individual with an obese lower body and lean upper body would get their upper body's body fat inaccurately measured with a regular 4-point smart scale, whereas the InBody Dial with 8 electrodes will derive an accurate result by measuring both the upper and lower body. So, yes, having more electrode points imply better and accurate results.



6 What is the accuracy of all four InBody devices?

The InBody's body composition accuracy can be explained by its correlation with DEXA, which is the gold standard of body composition analysis. Correlation refers to the degree of interdependence between the DEXA result and the InBody test result of the same person. The closer the correlation is to 1, the more accurate the device.

The accuracy is determined by the overall machine hardware, electrodes and frequency used. So, the InBody Professional which uses multiple frequencies is the most accurate device. The detailed accuracy result of correlation is as below:



6 If a user has all the devices, which device is the most accurate?

Refer to question #5. The InBody Professional is the most accurate device.

InBody Professional uses multiple frequencies ranging from 1kHz to 1mHz to provide precise body water analysis. Electrical currents interact differently with the cells in your body at different frequencies which allows the InBody device to quantify the different fluid compartments in your body. Low frequencies are better suited for measuring extracellular water (ECW) while high frequencies pass through cell membranes to measure intracellular water (ICW) and therefore provide a total body water (TBW) analysis. Since the InBody Professional uses multiple frequencies, it is considered the most accurate device among the rest.

A user measures his/her body fat across several InBody devices, but the results are all different. What does this mean?

Although every InBody device has a high correlation DEXA number, the devices use a different number of electrodes and frequencies which will provide result discrepancies. Minimal result differences between the InBody Dial and the InBody Professional are acceptable considering that the measurements may not have been taken using the same body posture.

IMPORTANT: Just use the same device for your entire weight management journey to view the best results.

If you're always on-the-go, the InBodyBAND and InBodyWATCH are always the best tracking references for you!



Remark: Weight measurements can only be taken using the InBody Dial and InBody Professional.