

Health Monitor GMON

„INDICATE Health Risks – RATE professionally – REACT prophylactically”

Explanation to Register BCM ViScan



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.

The visceral body fat percentage is the most important criterion when describing body composition and determines the healthy risk.



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:

- Measure when wearing the same clothes if possible (best naked).
- 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.
- Keep electrodes clean using a disinfectant.



- [\(A\)](#) Ranges of trunc-fat classification
- [\(B\)](#) Ranges of waist circumference
- [\(C\)](#) Ranges of visceral fat-level



visceral fat: <lat. visceral> 'relating to the bowels' : fat stored in and around the bowels. This fat is extremely metabolically active and if it exists in too large a quantity may lead to health problems (see also Fat, Fat risk).



[Overview about GMON modules](#)

general operation instruction, using goals values, other relevant parameters for health
[Index](#) of the GMON program

[<top>](#)

Health Monitor GMON

„INDICATE Health Risks – RATE professionally – REACT prophylactically”

Explanation to Register BCM ViScan

(A) Ranges of trunc-fat classification

| Classification | Traffic light colour | Men | Women |
|----------------|----------------------|----------------|----------------|
| low | yellow | up to 19.7% | up to 24.3% |
| good | green | 19.7% to 32.1% | 24.3% to 44.5% |
| increased | yellow | 32.1% to 38.3% | 44.5% to 54.6% |
| high | red | over 38.3% | over 54.6% |

[<top>](#)

(B) Ranges of waist circumference (at navel)

| Classification | Traffic light colour | Men | Women |
|----------------|----------------------|-----------------|----------------|
| good | green | under 94 cm | under 80 cm |
| increased | yellow | 94 cm to 102 cm | 80 cm to 88 cm |
| high | red | 102 cm and more | 88 cm and more |

[<top>](#)

(C) Ranges of visceral fat-level

| Classification | Traffic light colour | Level |
|----------------|----------------------|-------------|
| good | green | under 13 |
| increased | yellow | 13 to 18 |
| high | red | 18 and more |

[<top>](#)