5-Minute Body Composition Test
Healthcare professionals can attain a quick and easy body composition analysis from a patient using the Bio-Impedance Analyzer (BIA) and software from RJL Systems. This non-invasive test provides reproducible results to assess total body fat, fat-free mass, skeletal muscle mass, body water and more.

How the BIA Test Works
The test is carried out by attaching self-adhering electrodes to the patient's hands and feet. Painless AC current is then introduced to measure electrical current conductance in the body:

- Lean tissue has greater conductance due to water content
- Fat tissue is less conductive due to lower water content

RJL Systems' BIA measures the patient's resistance and reactance. These values are combined with the patient's height and weight in the BIA software, which quickly produces a comprehensive report.

Length of test: About 5 minutes total!

Accurate Tracking Over Time
The BIA test allows healthcare professionals to monitor and track changes in a patient's body over time. Monitor changes due to weight gain or loss, diet, exercise, lifestyle changes, or other factors.

Benefits of the BIA Test
An accurate body composition analysis from the BIA test provides valuable data to healthcare providers and patients.

- Monitor effectiveness of diet and exercise programs by following changes to muscle, fat, and body water.
- Motivate patients to adhere to recommended lifestyle changes

Bio-Impedance Analyzer From RJL Systems
A test using the Bio-Impedance Analyzer from RJL Systems is quick, easy, inexpensive and accurate. Independent researchers have found the BIA test provides highly accurate body composition readings, with re-test variations of less than 1 percent.

The non-invasive BIA test allows patients to see an accurate picture of what their body is made of, and it allows healthcare providers to give targeted recommendations on positive lifestyle changes.

BIA: A 5-minute test – positive results for a lifetime.