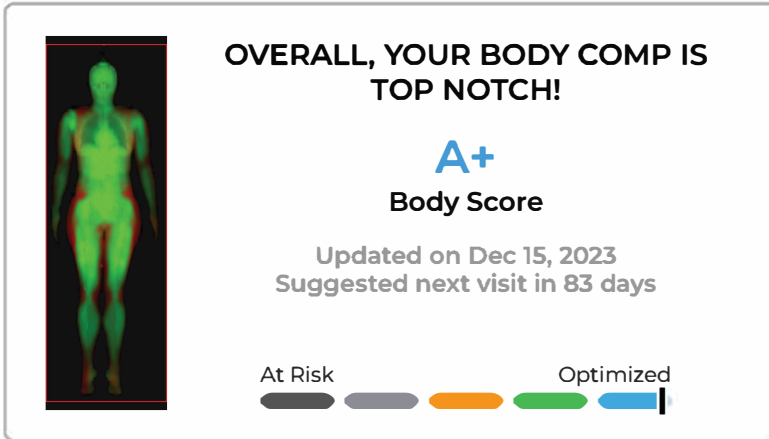


BODY SCORE



BODY HISTORY



ABOUT YOUR BODY SCORE

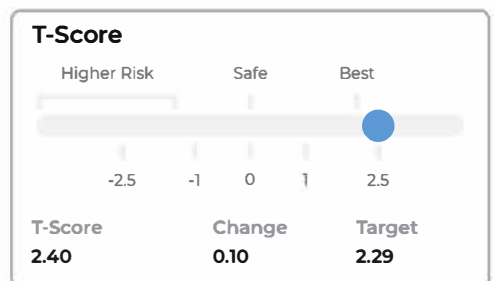
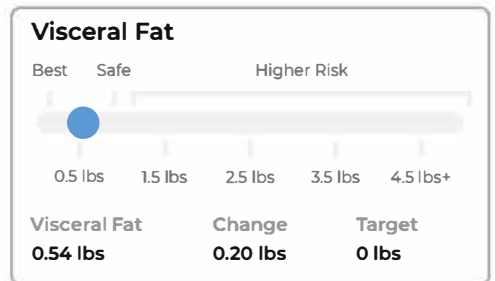
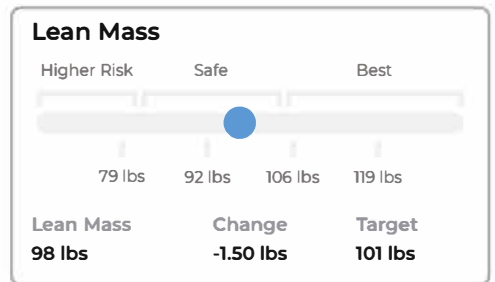
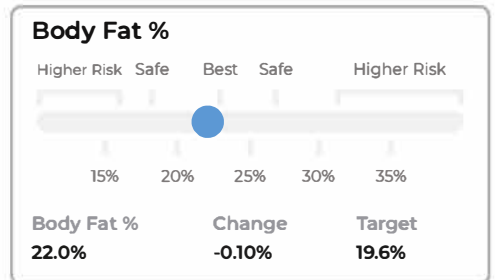
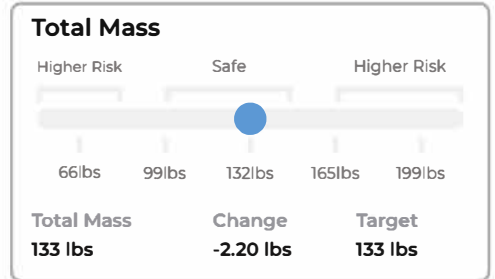
Because body fat % and BMI are incomplete indicators of health, your Body Score reflects the health of your body composition distribution vs body fat by itself. Like your grade school report card, your body score is a letter grade.

Your Score Factors determine your Body Score and include your body fat %, lean mass, total mass, visceral fat, and skeletal health (T-Score). Here you will find your current value, how it's changed since your last test (if applicable), and your target. You can set your own target in the app.

You will also see how your current value correlates with health risks. There are three categories here: "Best," "Safe," and "Higher Risk".

- "Higher Risk" means an increase in health risks, so pay close attention to this value if you find yourself here.
- "Safe" isn't necessarily good, but it's not highly correlated with increased risk.
- "Best" is where we want to be because it's the optimal range of peak performance.

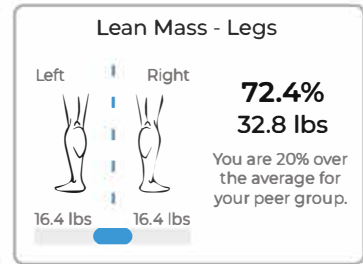
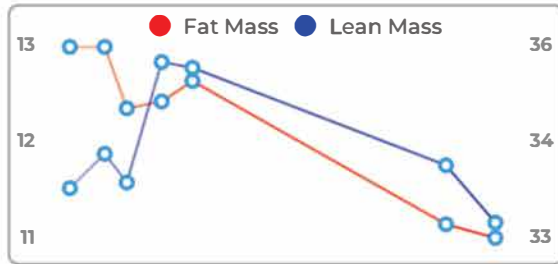
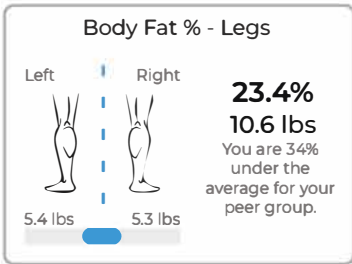
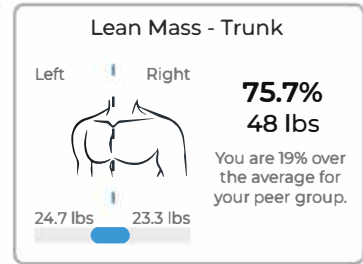
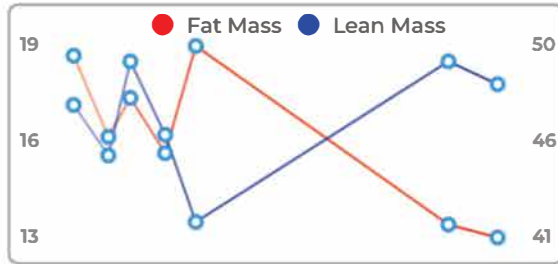
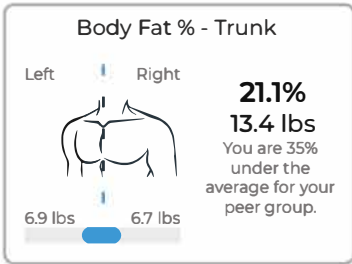
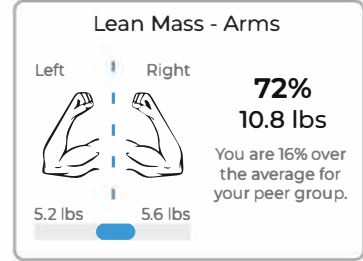
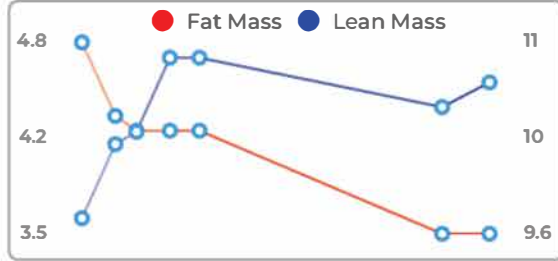
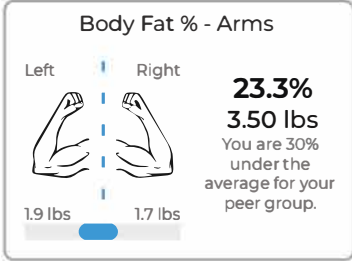
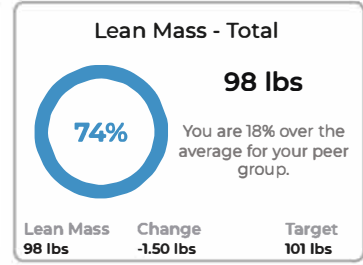
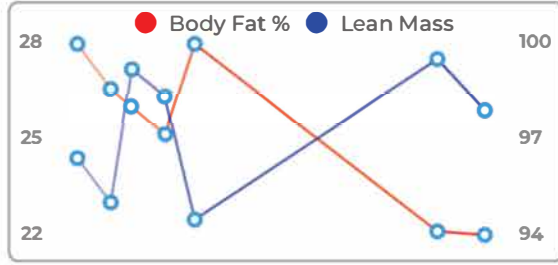
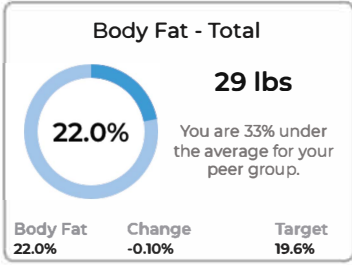
SCORE FACTORS



BODY FAT

TREND

LEAN MASS



ABOUT YOUR BODY FAT

Your body fat includes essential body fat and storage body fat. Essential body fat is necessary to maintain life and reproductive functions. The percentage of essential body fat for women is greater than that for men, due to the demands of childbearing and other hormonal functions. Storage body fat consists of fat accumulation in adipose tissue, part of which protects internal organs in the chest and abdomen.

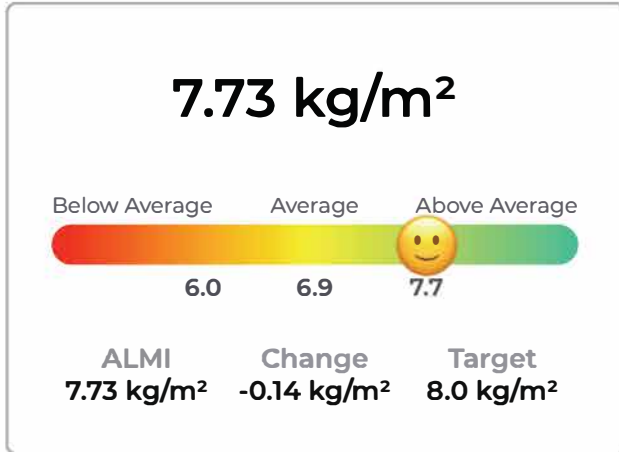
Excessive body fat and low muscle mass is linked to an increased risk of serious health complications and decreased survival. Be sure to track your levels of body fat over time to make sure you're going in the right direction.

ABOUT YOUR LEAN MASS

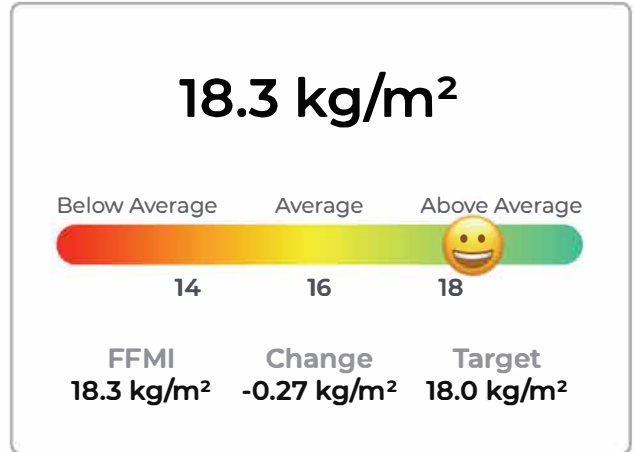
Your lean body mass is a significant component of your DXA body composition scan. It includes muscle mass, lean organ mass, and fluids. Lean mass is often considered an index superior to total body weight for prescribing proper levels of medications and for assessing metabolic disorders because body fat is less relevant for your metabolism.

Growing scientific evidence suggests that lean mass is a new vital sign. It should be a key factor when you evaluate your health status, especially if you're living with a chronic disease.

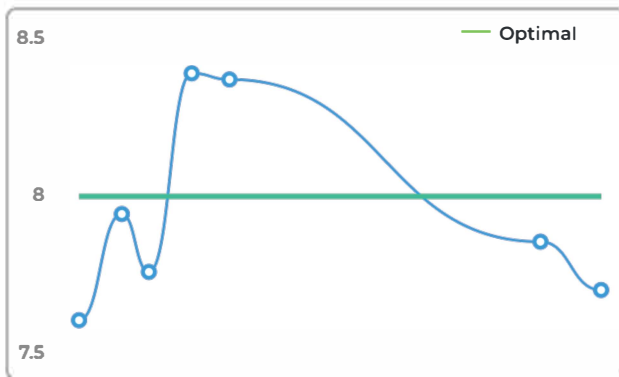
APPENDICULAR LEAN MASS INDEX (ALMI)



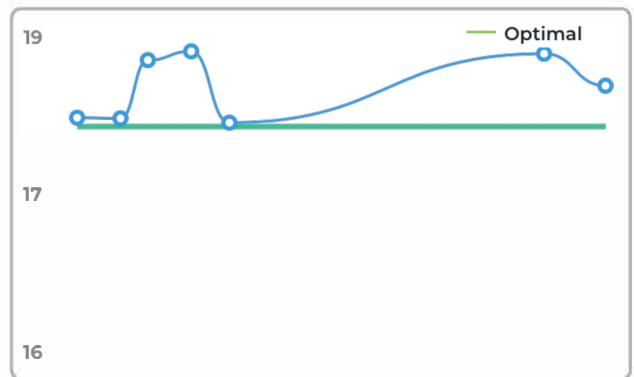
FAT-FREE MASS INDEX (FFMI)



HISTORY



HISTORY



ABOUT ALMI

Your Appendicular Lean Mass Index (ALMI) measures lean mass in your arms and legs relative to height, indicating muscularity and functional strength.

A healthy ALMI provides essential insights into your muscular health, injury prevention, and overall quality of life. It also helps combat age-related muscle loss (sarcopenia), which can lead to frailty and increased risk of falls.

Strive to keep your ALMI north of the 75th percentile for optimal health and longevity, as data suggests this leads to longer, better lives with red...

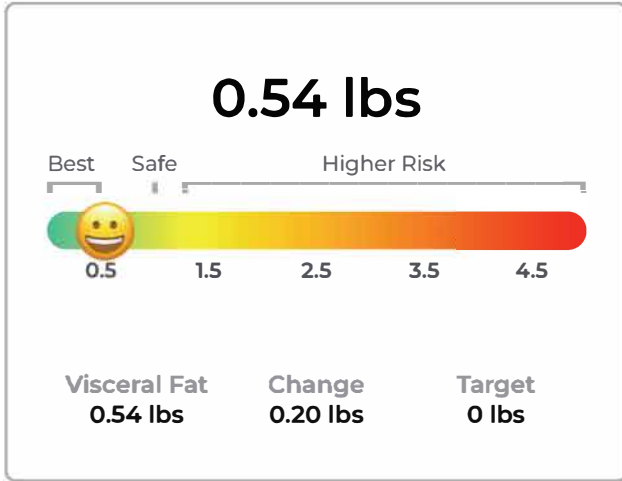
ABOUT FFMI

Your Fat-Free Mass Index (FFMI) takes into account your total lean mass in relation to your height. It is calculated by dividing your fat-free mass (in kilograms) by your height (in meters) squared. Fat-free mass includes everything in your body that is not fat, such as muscles, bones, organs, and water content.

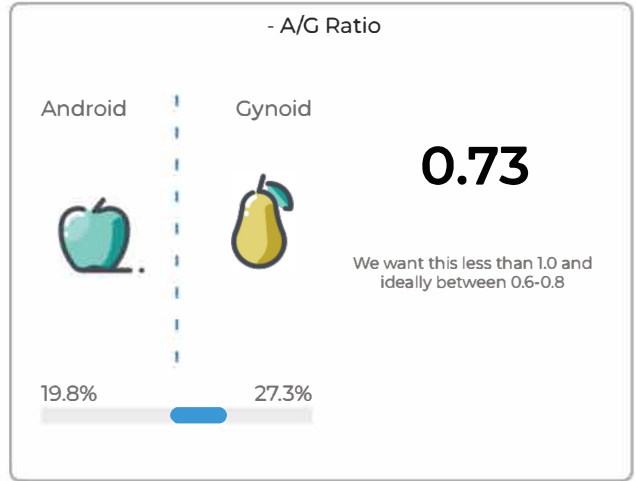
FFMI is a useful metric for assessing your overall body composition and muscularity.

A high FFMI typically indicates a higher proportion of muscle mass, which is associated with improved physical performance and metabolic health. To maintain a healthy body composition, aim for an FFMI within the average or above-average range for your age and sex.

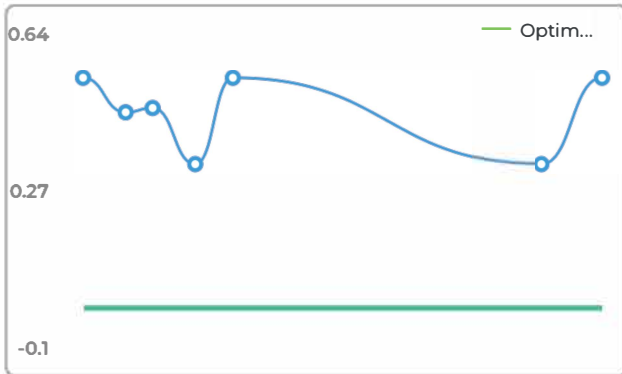
VISCERAL FAT



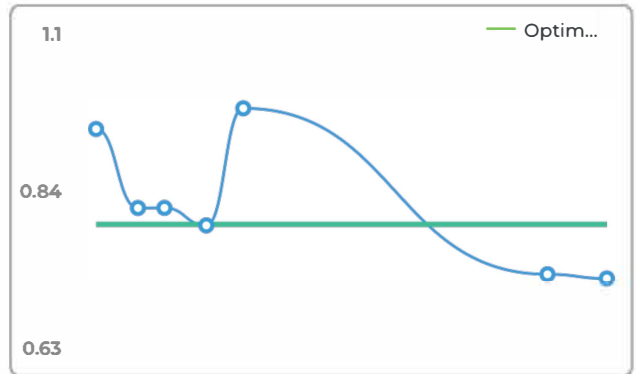
ANDROID/GYNOID RATIO (A/G RATIO)



HISTORY



HISTORY



ABOUT YOUR VISCERAL FAT

Your visceral fat is the nefarious fat located inside your abdominal cavity. It's packed between your organs (e.g., stomach, liver, intestines, kidneys, etc.). Visceral fat is different from subcutaneous fat layered underneath your skin, and intramuscular fat interspersed between your skeletal muscles.

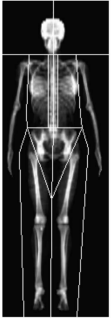
Be especially careful of storing excessive accumulation of visceral fat because it will lead to visceral obesity, which induces low-grade systemic inflammation. Excess visceral fat is also closely associated with the development of a cluster of metabolic derangements, hypertension, cardiovascular disease, and malignancies.

ABOUT YOUR A/G RATIO

Android versus Gynoid Ratio, abbreviated to A/G Ratio, represents how your body fat is being stored proportionally across the body. Those that are "Apple" shaped store more fat around the belly and midsection whereas "Pear" shaped individuals store more fat around the hips and thighs region.

Having an apple shape is associated with elevated levels of visceral fat and in increased risk for type II diabetes, metabolic syndrome, and heart disease. Men are more likely to store their fat in an apple shape while women are more likely to be pear shaped.

BONE MINERAL CONTENT (BMC)

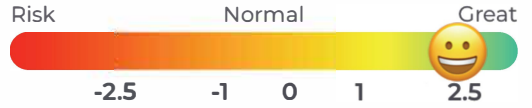


5.6 lbs

This is the total lbs of bone mass in your entire body

T-SCORE

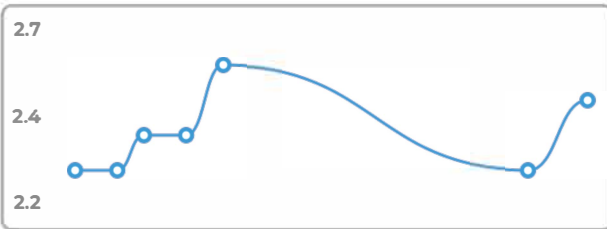
2.40



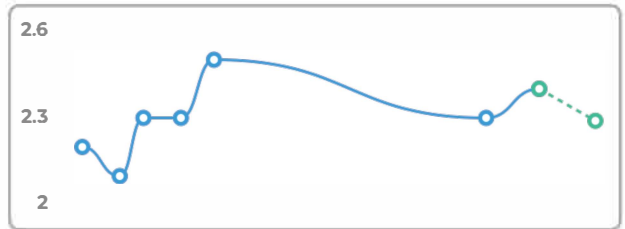
How your bone density compares to average healthy young adults of your sex

T-Score **2.40** Change **0.10** Target **2.29**

BMC HISTORY



T-SCORE HISTORY



BONE MINERAL DENSITY (BMD) - G/CM²

1.32

total body

2.36

head

0.96

arms

1.31

legs

1.21

trunk

1.20

spine

1.21

pelvis

1.21

ribs

ABOUT YOUR SKELETAL HEALTH

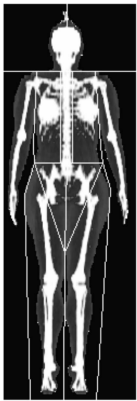
A whole-body DEXA scan provides a great screening opportunity for bone density but does not replace the need for a site-specific bone density test at the lumbar spine or dual hip regions.








Pay attention to your total body T-Score more than total body BMC or BMD. A T-Score compares your current level of bone density to an average healthy young adult of your sex. It is a standard deviation measurement, with -1 to +1 being the normal range of one standard deviation and 0 being the average. The more positive your T-Score, the higher your bone density and lower your fracture risk; the more negative your T-Score, the lower your bone density and higher your fracture risk.

Along with your T-Score, you will find your total pounds of bone mineral content, or bone mass, along with bone mineral density. BMD is derived by dividing the BMC (g) by the area (cm²). Talk to your doctor if you're worried about your skeletal health.








SCAN HISTORY

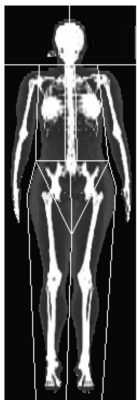
Measured Date	Change vs.			Change vs.			Change vs.		
	Total Mass (lbs)	Baseline (lbs)	Previous (lbs)	Fat Mass (lbs)	Baseline (lbs)	Previous (lbs)	Lean Mass (lbs)	Baseline (lbs)	Previous (lbs)
12/15/2023	132.7	-8	-2.2	29.2	-9.5	-0.7	97.9	1.4	-1.5
09/21/2023	134.9	-5.8	-3.5	29.9	-8.8	-8	99.4	2.9	4.7
07/12/2022	138.4	-2.3	0.2	37.9	-0.8	3.5	94.7	-1.8	-3.6
05/20/2022	138.2	-2.5	-2.7	34.4	-4.3	-1.8	98.3	1.8	-0.8
03/21/2022	140.9	0.2	4.4	36.2	-2.5	0.4	99.1	2.6	3.9
02/11/2022	136.5	-4.2	-4.2	35.8	-2.9	-2.9	95.2	-1.3	-1.3
12/13/2021	140.7	baseline	--	38.7	baseline	--	96.5	baseline	--










 **Date:** 12/15/2023
 **Body Score:** A+
 **Total Mass:** 133 lbs
 **Lean Mass:** 98 lbs
 **Body Fat %:** 22 %
 **Visceral Fat:** 0.5 lbs
 **T-Score:** 2.4










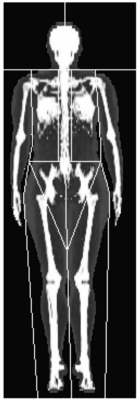
 **Date:** 09/21/2023
 **Body Score:** A+
 **Total Mass:** 135 lbs
 **Lean Mass:** 99 lbs
 **Body Fat %:** 22.1 %
 **Visceral Fat:** 0.3 lbs
 **T-Score:** 2.3










 **Date:** 07/12/2022
 **Body Score:** A-
 **Total Mass:** 138 lbs
 **Lean Mass:** 95 lbs
 **Body Fat %:** 27.5 %
 **Visceral Fat:** 0.5 lbs
 **T-Score:** 2.5










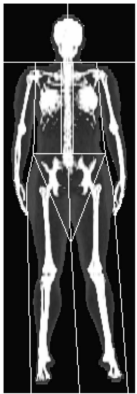
 **Date:** 05/20/2022
 **Body Score:** A
 **Total Mass:** 138 lbs
 **Lean Mass:** 98 lbs
 **Body Fat %:** 24.9 %
 **Visceral Fat:** 0.3 lbs
 **T-Score:** 2.3










 **Date:** 03/21/2022
 **Body Score:** A-
 **Total Mass:** 141 lbs
 **Lean Mass:** 99 lbs
 **Body Fat %:** 25.7 %
 **Visceral Fat:** 0.5 lbs
 **T-Score:** 2.3



 **Date:** 02/11/2022
 **Body Score:** A-
 **Total Mass:** 136 lbs
 **Lean Mass:** 95 lbs
 **Body Fat %:** 26.2 %
 **Visceral Fat:** 0.5 lbs
 **T-Score:** 2.1



 **Date:** 12/13/2021
 **Body Score:** B+
 **Total Mass:** 141 lbs
 **Lean Mass:** 96 lbs
 **Body Fat %:** 27.5 %
 **Visceral Fat:** 0.5 lbs
 **T-Score:** 2.2