

InBody 570 Frequently Asked Questions:

How does the InBody 570 work? Does it hurt?

No! The InBody devices use direct segmental measurement bioelectrical impedance analysis (DSM-BIA) to precisely measure body composition by sending multiple electrical currents through the body, resulting in up to six different impedance readings for the trunk and each of the four limbs.

The innovative in-depth analysis of the InBody Test yields accurate results for body composition outputs, such as body fat mass, skeletal muscle mass, (segmental) lean body mass, and percent body fat.

For the average population, the electrical currents sent through the body during InBody Tests are too low to feel. However, there is a small possibility that individuals with tactile sensitivity may feel a slight sensation.

How accurate is the InBody 570?

The InBody 570 is 98% accurate in comparison to the DEXA.

How long does the assessment take?

The assessment will take approximately 45 seconds.

How often should you test on the InBody?

It is recommended to test no more frequently than every 4-6 weeks. Testing at these intervals allows results to reflect lasting changes in fat and muscle from diet and exercise habits. Spreading out testing periods minimizes variance from daily activities.

Who should be excluded from testing on the InBody?

The primary exclusion is testing individuals are...

- 1. Those with implanted cardiac devices**
- 2. Those who are pregnant**

What should I wear for an assessment?

You can wear comfortable clothes, casual or workout. You will need to be able to access bare feet and hands to use the InBody 570.

Why do I need to remove my shoes and socks for the InBody test?

Because the bottom of your feet must be in direct contact with the electrodes, clothing items such as shoes, socks, stockings or leggings must be removed for accurate results.

Can you test on the InBody with an implanted cardiac device?

We do not recommend testing individuals with implanted cardiac devices. Implanted cardiac devices include pacemaker, ventricular assist device (VAD), loop reader, and CardioMEMS device.

Can body temperature influence my InBody test?

All InBody testing should be performed in a room temperature range between 68 degrees and 77 degrees. Even small changes in room temperature will cause more drastic changes to skin temperature. Changes in skin temperature can affect blood flow as it causes arteries and veins close to the skin to either constrict (close) or dilate (open). As impedance values are directly affected by skin blood flow (even if body temperature stays the same), any alterations to skin temperature can alter results.

How long should I wait to test on the InBody after eating?

We recommend waiting at least 3 hours to test after eating. Any food eaten recently will add extra weight to the body that cannot be accounted for with BIA and will result in an increase in fat mass.

When I take back-to-back tests on the InBody, the results are slightly different. Can I trust the results?

InBody is highly sensitive to fluid shifts. And because the report is in essence a snapshot of the body in the condition at the time of test, the minute differences between tests in fact shows that the InBody is just that accurate in capturing the movement of fluids.

Does having excess skin affect my results?

Skin is typically included in lean body mass readings. However, excess skin that is not (close to the body or conductive) measured will result in increased fat mass readings. A recommended solution is to test while wearing a back support belt or compression wear made of nonconductive material, which may enable the loose skin to be pulled in closer to the body and to be measured.

Is it safe to test on the InBody with breast implants?

The weight of the implants will generally be added to the individual's body weight as fat mass. This is because the currents utilized by InBody are typically unable to penetrate the casing of breast implants.

Does having a joint replacement affect my InBody results?

Because metal is highly conductive, the presence of metal implants in the body will cause increased lean mass readings in the segment in which the metal is located (due to the lower impedance of that area). This skew will vary depending on the size and composition of the implant itself.

Is it safe to test on the InBody with insulin pumps/ continuous glucose monitors?

Regarding insulin pumps and CGMs, the low-level currents used by the InBody will not interfere with device function. As the currents utilized by the InBody will not travel through the device, its weight will be added to the individual's weight as fat mass, however this effect should be minimal. Insulin injection by insulin pumps have no significant effects on impedance.

Is it safe to test on the InBody with ear implants and ventriculoperitoneal (VP) shunt?

The low-level currents used by the InBody will not interfere with an implanted cochlear device's function. The currents do not make contact with the head and therefore will not cause any risk of interference.

For VP shunts, the tube that transfers fluid from the brain to the abdomen, composed of silicone and sometimes plastic, may lead to a slight overestimation of fat mass, though its effects will be minuscule.

When is the best time of day to take an InBody test?

Similar to general weight measures, it is recommended to conduct tests earlier in the day/morning (following all preparatory steps) to mitigate the effects of violations of the preparatory steps.

The key is consistent testing times from test to test for proper monitoring, regardless of the time.

Can someone test on the InBody while menstruating?

Regarding the effect of menstruation, it can have effects on body water. This increase in water will translate into higher lean mass readings on the InBody result sheet. Therefore, it is recommended that users **do not test during their menstrual cycle** due to the skewed results due to the changes in body water, and wait to test when not menstruating.