



BodyMetrix™ System User's Guide



PLEASE READ INSTRUCTIONS BEFORE USE



Important Operating Instructions

Intended Use:

The BodyMetrix™ System is only intended to be used on generally healthy adults and children (6 or older) and is not for diagnosis of disease or condition. For more information please review Page 4 of this User's Guide.

Environment:

Operating Temperature: 0° to 60° Celsius
Operating Humidity: 5% to 95%
Operating Altitude: 0-3500 meters

Power Requirements:

USB Cable 2.5 Watts, 5V, and maximum 500 mAmps

Computer Requirements:

Windows XP or Vista or Windows 7
Mac OSX with virtualization software and Windows XP or Vista
Min, 1 GB of RAM with 200 MB available for BodyView
USB Port
CD ROM drive
Min. Screen Resolution of 1024 x 768

Device Model Number:

BX2000

BodyMetrix™ System User's Guide
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Indications for Use

(1) The BodyMetrix™ BX2000 is indicated for the measurement of localized fat layer thickness and localized muscle layer thickness. When used with BodyView™ software it can be used to estimate total body fat percentage. The BX2000 is only intended to be used on generally healthy adults and children (6 or older) and is not for diagnosis of a disease or condition.

(2) The BodyView software is indicated for the calculation of estimated total body fat percentage, localized fat layer thickness, and localized muscle layer thickness. The BodyView software is indicated for calculating Waist-to-Hip Ratio (WHR) and Body Mass Index (BMI). The BodyView software is indicated for estimating Basal Metabolic Rate (BMR). The BodyView software can track changes in measurements and generate body composition reports.

Contraindications

The BodyMetrix™ BX2000 should not be used for diagnosis of disease, or in the cure, mitigation, treatment, or prevention of disease.

Warnings & Precautions

NEVER use the device if the device or cord is broken or damaged.

NEVER use the device if the device is wet.

NEVER use the device on an open sore or cut.

DO NOT use abrasive or harsh chemicals to clean the device.

DO NOT drop the device as it may damage it.

DO NOT store the device near a heat source or subject to high temperatures, humidity, or direct sunlight as damage may be caused.

ALWAYS use an antiseptic wipe or cloth with 70% isopropyl alcohol to clean the contact surface of the device.

Installing Software

Step 1:

Turn on your PC. **Make sure you have Administrator privilege on your PC.**



STOP & NOTE: DO NOT PLUG THE BODYMETRIX DEVICE INTO THE USB PORT AT THIS TIME

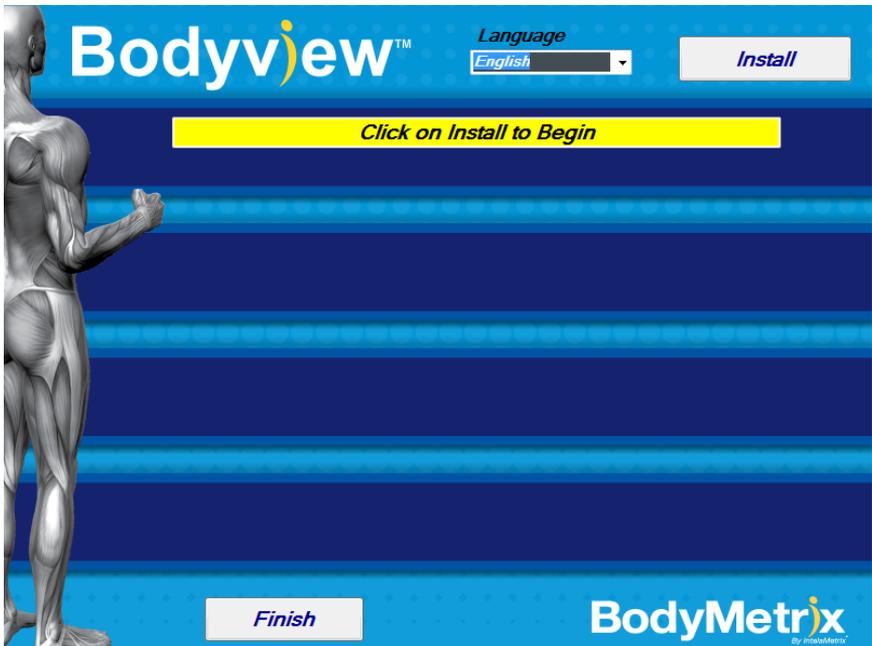


Step 2:

Insert the BodyMetrix CD into your PC's CD-ROM drive. The following installation window should appear.

NOTE:

Windows Vista and 7 users, a dialog box may appear asking to AutoPlay the contents of the CD. Please click **Run autorun.exe** to continue.



Step 3:

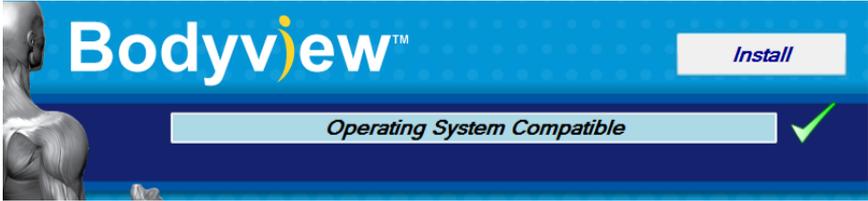
Select language if option exists. Click **Install** button to continue.

Note:

For **Windows Vista or Windows 7** the installer may indicate that installation is NOT being performed as an administrator even if the user has administrator privileges. If a warning message appears indicating this you CAN continue but be sure to authorize any BodyView operations.

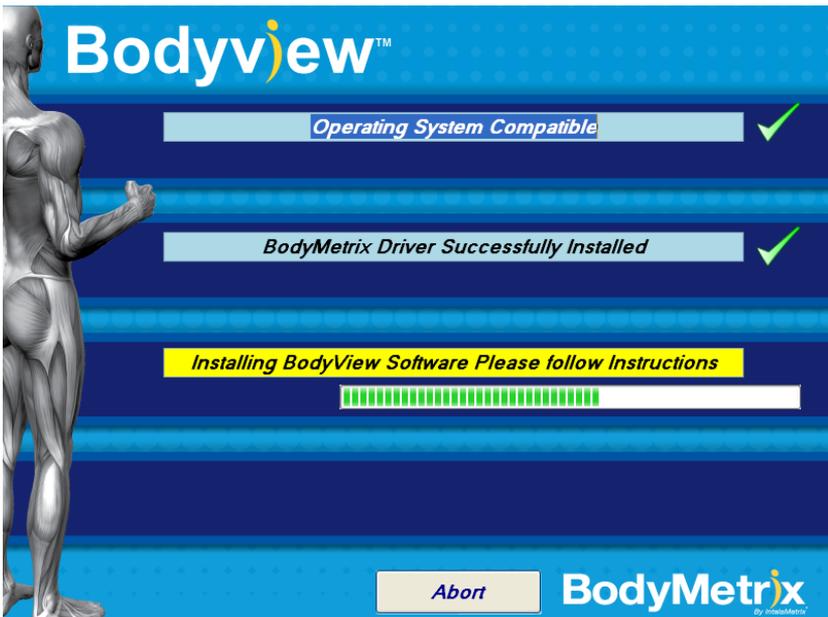
Step 4:

System Check. After clicking install, your operating system and hardware are checked for compatibility. If the system is compatible a check mark will appear as shown below and the BodyMetrix driver will begin installation.



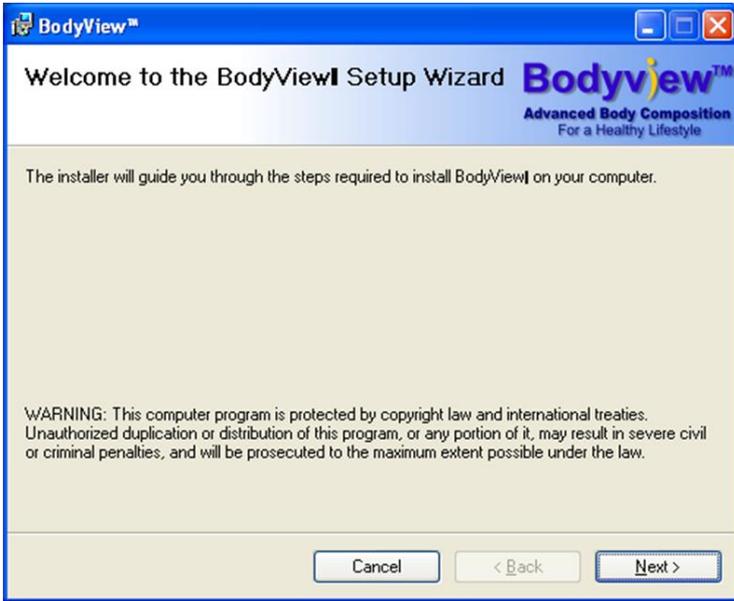
Step 5:

BodyMetrix driver installation.. Allow up to 5 minutes for the drivers to be completely installed. When they have been successfully installed a check mark will appear indicating the device driver is installed and the software will prepare to install the BodyView software as shown below.



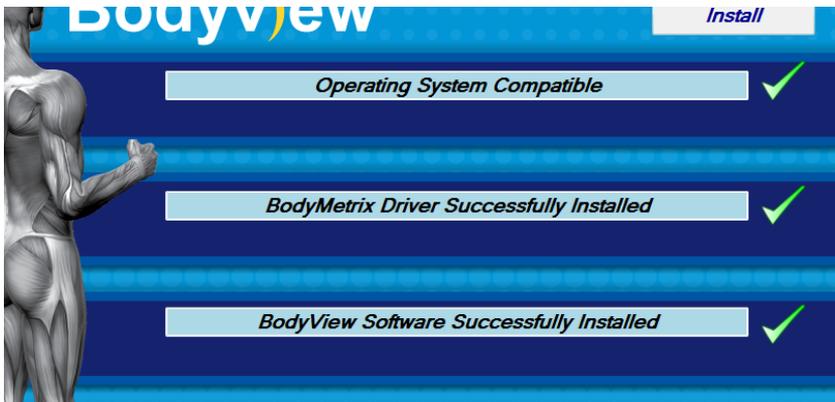
Step 6:

When BodyView begins installation, a separate installer window will appear as shown below. Click **Next** to proceed and follow the instructions as appropriate. When finished click **Close** to proceed with installation.



Step 7:

When the installer is finished, you should now see a check mark on the BodyView Software Successfully Installed as shown below.



Step 8:

After the BodyView software has been installed, the installer will ask you to **PLEASE PLUG THE DEVICE INTO THE USB PORT** as shown below. After plugging in the device it may take up to 5 minutes for the device to connect.



Step 9:

Once the driver and device have connected the **Green** light on the device should be illuminated as shown.



Step 10:

Test BodyMetrix Device. When asked as shown below, press the measure button on the device for 1-2 seconds.

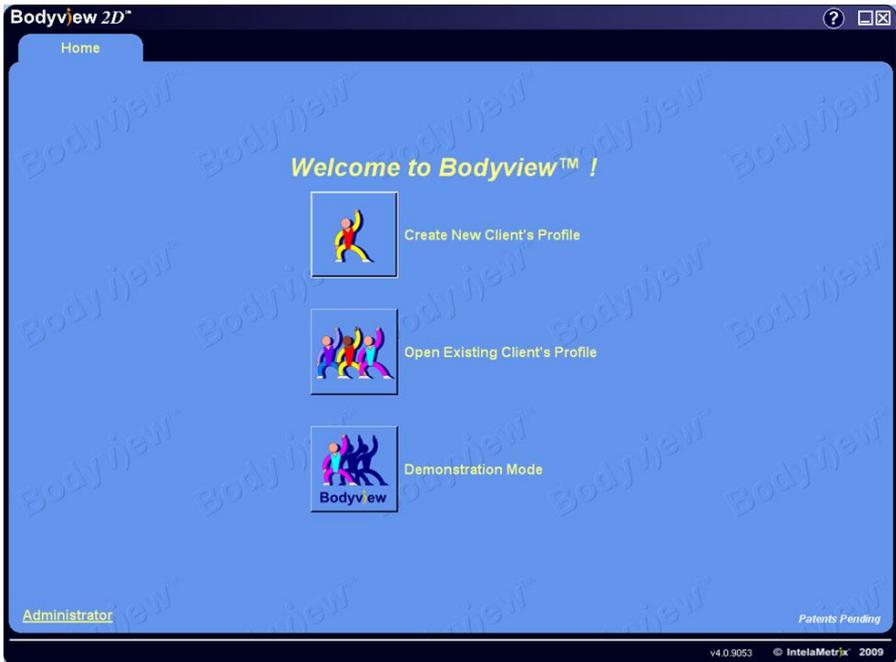


If the device functions correctly installation is complete and the installer screen will appear with four check marks. Click **Finish** to end the installation. If you have experienced any installation issues, please contact Intelamatrix support.

Using the BodyMetrix™ System

Starting BodyView™ Software

Before starting the BodyView software make sure the BodyMetrix is plugged into the USB port as described in the previous section. The **Green** light should be on to indicate the device is connected. Now double-click on the **BodyView** icon on your desktop to launch the software. The “Home Screen” will appear.



The “Home Screen” allows the user to Create New Client Profiles, Open Existing Client Profiles, and enter the Demonstration Mode which can be used to make quick measurements without adding a client to the database.

In addition, from the “Home Screen” the Administrator can control software options and manage the client database.

Administrator

To access the Administrator options click on the **Administrator** label on the bottom left-hand side of the “Home Screen”.

A dialog box will appear asking for a password. The password can be changed once you have gained access. The **default password** is: **123**



In the “Administrator” *General* options tab you can change from US to Metric Units, change the Measuring Mode from Beginner to Advanced, enable touch screen, select different skins to change the color scheme, and setup Email Options.

To setup Email Options enter your outgoing (SMTP) server settings, your email login ID and password. If you use Microsoft Outlook, you can bypass this step as the software will use your default email system.

You can also change the default password by clicking **Change Administrator Password** and enter a new password.

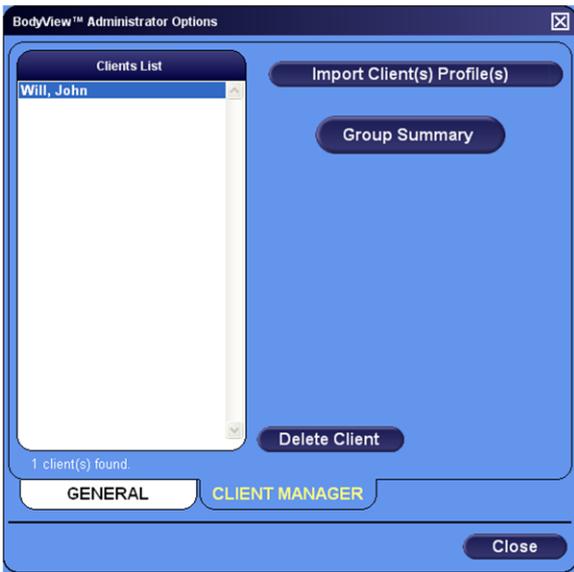


Unlocking Software

You may need to enter a software key to completely unlock your software. A trial counter will appear on the upper left-hand side of the screen if a valid software key is required. The BodyView software is locked and will only allow a limited number of uses before asking for a software key. To unlock your version of the software, click **New Software Key**. A dialog box will appear asking you to enter a 54 character key. Your 54 character key is stored in your CD, or it is printed on the CD case or sleeve that came with your BodyMetrix System. Once the software key is entered and validated you will have unlimited access to the software.

Client Manager

If you click on the **Client Manager** tab you can import client data, delete clients from the database, and generate a group summary of data on all your clients or a specific client Group ID. To learn more about Group ID, please see the next page of this User's Guide.



Creating a New Client

To create a new client, begin by clicking **Create New Client** on the “Home Screen”. The following screen will appear:

Bodyview 2D™

Home

Create New Client's Profile

For creating new client's profile please fill out the fields below and click START button. To return to the previous screen click the Back button.

* First Name

* Last Name

E-mail

Birth Date

Gender Male Female

Athletic Type

Height

Current Weight

Group ID

NOTE: Fields marked by * are required

<< Back START

Patents Pending

SN BM07020391 v4.7.10071 © IntelMatrix 2009

Enter all the client information including First Name, Last Name, Email Address, Date of Birth, Gender, Athletic Type (see below), Height, Current Weight, and Group ID (see below). Click **Start** to continue.

Athletic Type:

Non-Athletic - Anyone who is visibly overweight and rarely exercises.

Athletic - Anyone who appears in good shape and exercises regularly.

Elite - Anyone who is in excellent shape and exercises frequently. (e.g. body builders, professional athletes, etc...)

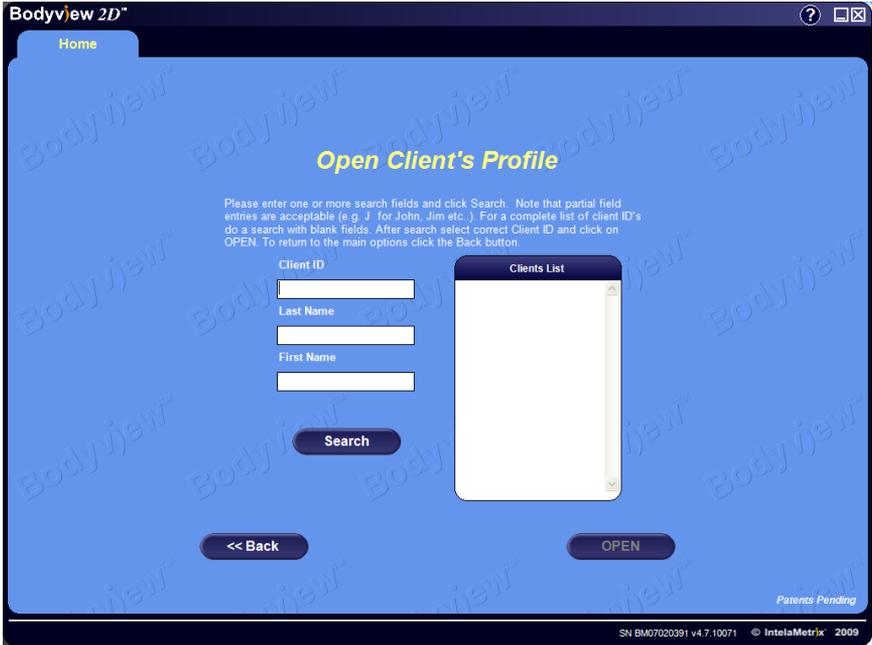
Group ID:

Group ID is a name or number that you can assign to group clients together so you can track group statistics. It could be part of boot camp or a trainer's ID number. You can review a Group Summary in the “Administrator” options.

After you click **Start** a dialog box will appear asking for a client password. If you do not want to password protect the data simply leave it blank and click **OK**. Once you click **OK** you will be directed to the “BodyView Screen”.

Opening Client's Profile

To open an existing client's profile, click **Open Client's Profile** in the "Home Screen".

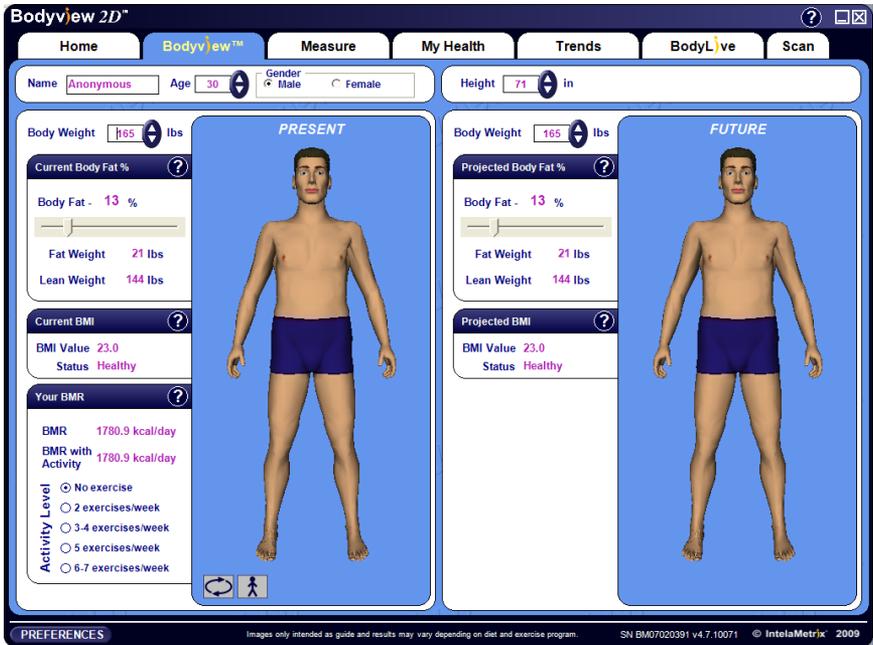


You can search by Client ID, First Name, or Last Name. You do not have to enter the entire name or Client ID to search for the client. For example, if the client is John Smith, just enter Smith in the last name and the software will display all Clients with the last name of Smith. To open the client's profile, click on the **Client ID** and click **Open**, or simply double click on the **Client ID**.



Demonstration Mode

Demonstration Mode is a Home Screen option that can be used for quick assessments without creating clients. This is great feature when using the BodyMetrix System at fitness fairs, community events, or for prospective members and clients. When you select *Demonstration Mode* the following BodyView screen appears.



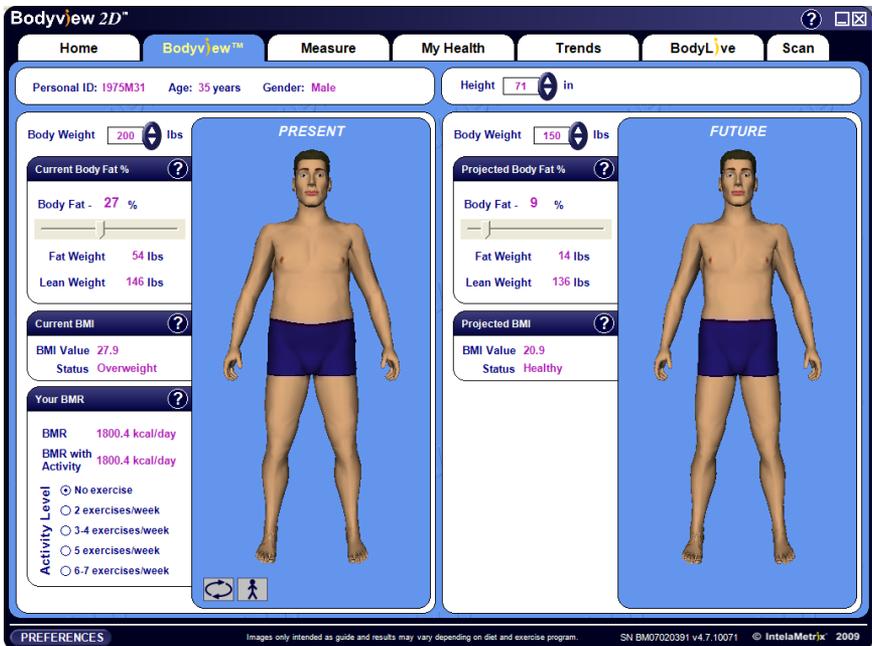
At this point you can select the gender of the client and adjust the weight, height and age. The *Athletic Type* is set on the Measure page, you should use the same criteria as described in the new client section.

BodyView™

Once a profile is created or opened, the “BodyView Screen” will appear as shown below. A series of tabs across the top of the screen allow the assessor to navigate through the different features of the software.

The “BodyView Screen” shows the client’s current status. If this is the first assessment for the client, the values shown are an estimate based on Body Mass Index (BMI) and body type. If not, the values are from the client’s last assessment or entered values.

This three-dimensional illustration is only intended as a guide to aid the client in visualizing present body composition. The user can select the desired weight and body fat percentage (BF%) to view an approximate illustration of the client’s future body image. Changing the weight and BF% will cause an appropriate change to the illustration.



Basal Metabolic Rate (BMR) is the minimum caloric requirement to maintain the client’s present body weight. A user can select an activity level by clicking on the appropriate button. Clicking the **question mark icon** displays helpful information for each category. Clicking on the **rotation icon** at the bottom left of the Present Model will rotate the illustration. Clicking the icon again will stop rotation.

The *Preferences* button allows settings and client information to be changed.

Measuring Body Fat Percentage

To measure the body fat percentage, click on the **Measure** tab.

NOTE:

The first time you use the BodyMetrix System, the software will prompt you to calibrate the device. Simply press and hold the button for a few seconds to complete the calibration process.

The screenshot shows the 'Bodyview 2D' software interface. At the top, there are navigation tabs: Home, BodyView™, Measure (selected), My Health, Trends, BodyLve, and Scan. Below the tabs, user information is displayed: Personal ID: 1975M31, Age: 35 years, Gender: Male.

The 'Current formula used' section shows a dropdown menu set to '3-sites by Jackson&Pollock'. Below this, it says 'Your Body Fat: Not Enough Data' and 'Current Weight: 170 lbs'. There are buttons for 'Single Point' and 'Measure %BF'. The 'Device status' is 'Ready'.

The 'Points List' table shows the following data:

Point	Fat	Muscle
Thigh	0.0	0.0
Chest	0.0	0.0
Waist	0.0	0.0

The 'Circumference Measurements' table is empty:

Position	Value
Neck	
Chest	
Bicep	
Thigh	
Waist	
Hip	
Calf	

The 'Measurement Data' section contains a line graph with 'Thickness (mm)' on the y-axis (0 to 250) and 'Thickness (mm)' on the x-axis (0 to 60). A horizontal yellow line is drawn at approximately 100 mm.

The 'Your Waist to Hip Ratio (WHR)' section shows a scale from 0.85 (Excellent) to 1.0 (Extreme), with markers for Good, Average, and High.

On the right, a 3D human model is shown with blue and red markers on the chest, waist, and thigh, labeled 'LOCATION OF PROBE'. A 'Beginner Mode' icon is at the bottom right.

At the bottom of the interface, the text reads: 'Please enter your Hip and Waist circumferences to calculate WHR. © IntelMetrix™ 2010.' and 'SN BM07020391 v4.7.10071 © IntelMetrix™ 2009'.

To make a measurement you must first select a formula to use. In most cases the default 3-point formula is a good option. For more accurate assessments formulas with more points can be used. Simply use the drop down menu as shown above to select the desired formula. The number of available formulas depend on gender and age. New formulas can be added upon request.

The anatomical points used are identical to those used when making skinfold caliper measurements. A single point measurement can be performed by clicking on the **Single Point** button. A dialog box will appear that leads the user through a measurement.

To begin measuring body fat percentage click the **Measure %BF** button and the

Measurement Wizard will appear. Measurement Sites are shown on Page 32 of this User's Guide.

NOTE:

In the Advanced mode, the Wizard is disabled and the user can simply select any point by clicking on it in the **Points List** and then performing the measurement as described below. We recommend that everyone starts in the beginner mode.

The Wizard is intended to guide the user in properly placing and measuring each site. The 3D graphic to the right of the Measure screen shows the user where to place the device. The Wizard also describes device placement for each Measurement Site.

In Wizard mode 2-3 measurements will be taken per site for a more accurate result. Please follow these steps to take the measurements:

Step 1:

Clean the device with an antiseptic wipe or cloth with 70% isopropyl alcohol before starting a new assessment.



Step 2:

Apply a dime sized amount of ultrasound gel to the center of the BodyMetrix device as shown. This is usually 2-3 pumps of our ultrasound gel dispenser.



Step 3:

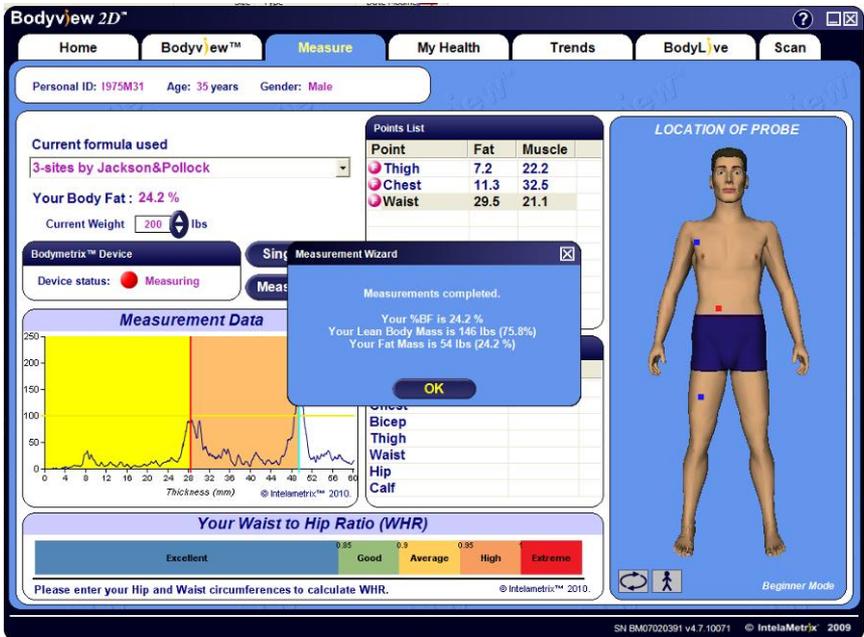
Place the device on the measurement site and press the button for 3-5 seconds. The **Red** light should illuminate. During this time slide the

BodyMetrix device about 1/4 of an inch to either side of the start position. Slide the device slowly to avoid losing contact with the skin. Sliding during the measurement averages the fat thickness being measured over the scan area. Please watch the training video to see the recommended technique.

WARNING: STOP use if client feels any burning sensation, or has adverse skin reaction and seek medical treatment. Report incident to IntelMetrix as soon as possible (925) 606-7044 .

Step 4:

After each point is measured the Measurement Wizard will ask whether you would like to repeat the measurement. Click **“No”** unless an error was made.



Step 5:

After all measurements are complete the software will generate a Total Body Fat Percentage. Click **OK** to continue.

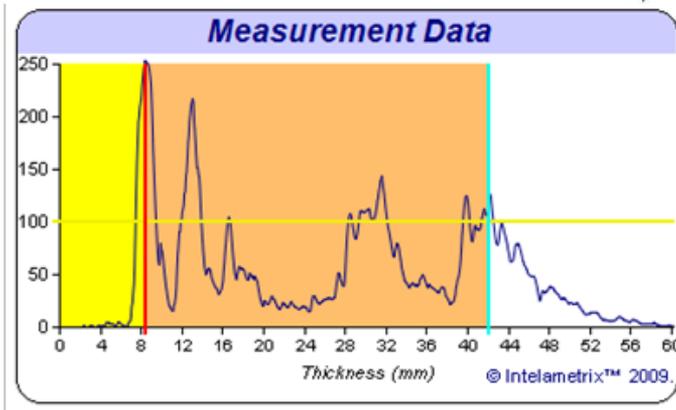
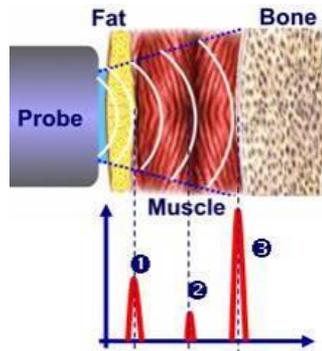
Step 6:

After completing the assessment, clean the device to eliminate any gel.

Analyzing Body Fat % Assessments

The measurement graph displayed on the Measure Screen may look intimidating, but if you've ever heard an echo you're a long way to understanding the graph and how the BodyMetric System uses ultrasound to measure tissue thickness. You hear an echo when sound travels through air and reflects from a wall or mountain and comes back to your ear. If you time how long it takes for you to hear the echo you can calculate how far away the reflecting object is. The BodyMetric System generates an ultrasound signal that travels through tissue and then records the reflected signal.

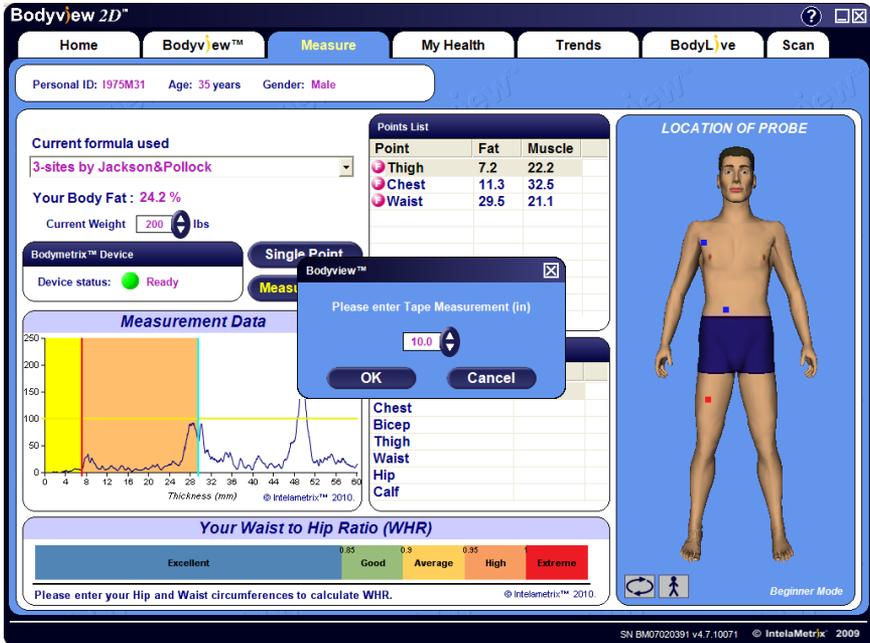
Continuing the echo analogy, the BodyMetric device plays the role of your mouth and your ear. Ultrasound waves travel in tissue and strong reflections occur at the boundary of different tissue types, for example, fat-muscle and muscle-bone.



The graph above shows a typical measurement. The horizontal axis corresponds to the thickness or depth of tissue and the vertical axis is the reflected signal. The first peak ① is the fat-muscle boundary. The smaller peaks ② are different structure which can include connective tissues in the muscle layer. The third peak ③ is the muscle-bone border. It's important to note that the BodyMetric measures the true tissue thickness unlike calipers which measure a skin fold thickness which can be anywhere from 1 to 3 times the true fat thickness.

Recording Circumference Measurements

You can also record and track circumference measurements and Waist-to-Hip ratio (WHR). Use the tape measure provided with the BodyMetrix System to accurately make circumference measurements. To record these measurements, simply select the point and type in the measured value. Alternatively, double click on the desired point and enter the results in the dialog box and Click **OK** OR simply select the point and type the value directly into the table.



You can record and track the following circumference locations:

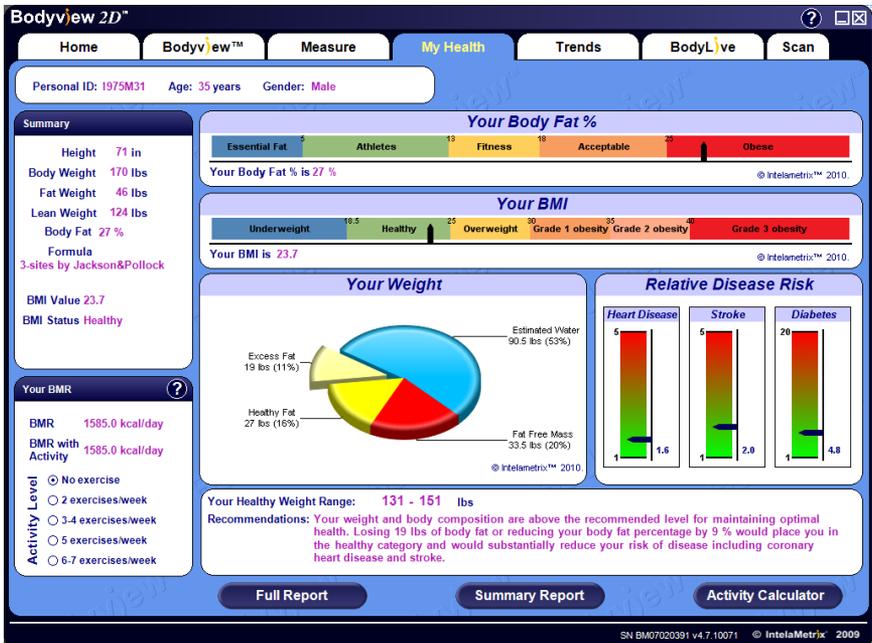
- Neck
- Chest
- Bicep
- Thigh
- Waist
- Hip
- Calf

Once the Waist and Hip circumferences are recorded the software will automatically calculate the Waist to Hip ratio and show the value on the scale. The scale categories are based on World Health Organization (WHO) guidelines.

My Health

The “My Health” screen communicates the results of the measurements to your client. It provides information on your total body fat percentage, BMI, BMR, and relative disease risk. It provides guidelines on how to improve or maintain their present health status. The BMI and %BF classifications are based on World Health Organization and National Institute of Health guidelines. Relative disease risk is an estimate value based on BMI and %BF.

NOTE that these indicators CANNOT take into account all subject health conditions to estimate these risks and any concerns about these risks should be discussed with a physician or healthcare professional.



The Your Weight pie chart shows how the weight is distributed between excess fat, healthy fat, fat free mass, and estimated body water. Relative Disease Risk shows the risk for heart disease, stroke, and diabetes based on the client’s body fat percentage and BMI. “My Health” also offers a healthy weight range and recommendations to achieve or maintain a healthy weight and body fat percentage.

Generating Reports

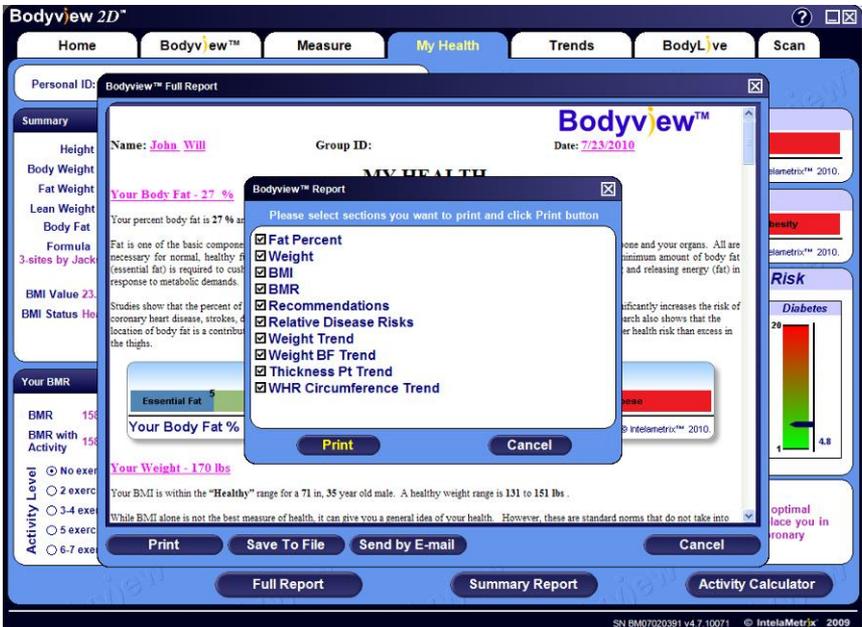
A report for a client can be generated by clicking **Full Report** or **Summary Report**. The **Full Report** breaks down all the information in a detailed 3 page report. The **Summary Report** is a single page report that includes the results of the last measurement.

Both of these reports can be Saved to File, Printed, or Emailed directly to the client.

To email reports, make sure you have an email program such as Outlook configured and working. Alternatively, you can configure the email options directly in by using the **Administrator** options or **Preferences**.

The reports can also be customized to include the User's logo or health recommendations. For information on customizing reports, see Page 31 of this User's Guide.

When printing the Full Report, you have a choice of options allowing you to select which measurements and sections to include in the report.



Activity Calculator

The **Activity Calculator** is an accurate tool for calculating a client’s activity modified Basal Metabolic Rate. The activity adjusted BMR is important because it gives an accurate estimate of the average number of calories a client needs to consume per day to maintain their current weight.

Bodyview™ Activity Calculator

Activities hours per week

- Sleeping** 56
- No Activity** 0
Lying down totally relaxed but not sleeping (this is your "basal metabolic rate" or "basal energy expenditure")
- Very Light** 10
Sitting, studying, talking, little walking or other activities.
- Light** 75
Typing, teaching, lab/shop work, some walking.
- Moderate** 20
Walking, jogging, gardening type job.
- Heavy** 4
Heavy manual labor such as digging, tree felling, climbing.
- Exceptionally Heavy** 3
Fitness-oriented cycling or similar vigorous activities, weight training, aerobic dance.
- Sports** 0
Vigorous sports competition such as football, racquetball, tennis or other extended-play sports activities.
- All-Out Training** 0
Extremely high intensity weight training with little rest between sets or exercises.
- Extended Maximum Effort** 0
Extremely high intensity and high duration sports competition such as triathlon, cross country skiing or marathon.

Your Activities (Time)

Light 75h (45%)
Very Light 10h (6%)
Sleeping 56h (33%)
Moderate 20h (12%)
Heavy 4h (2%)
Exceptionally Heavy 3h (2%)

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Time View Calories View

Your BMR : 2572.8 kcal/day

Clear All Close

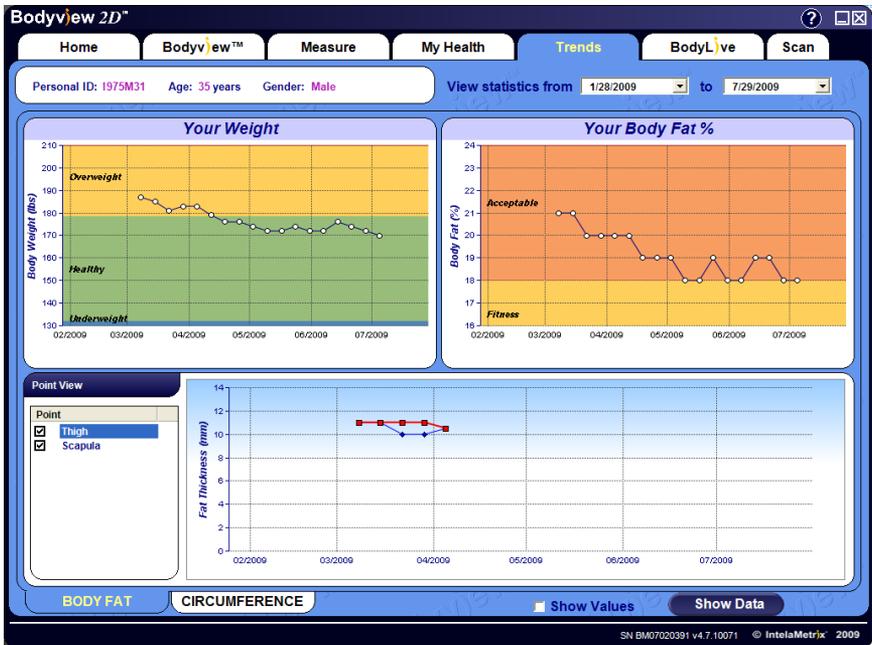
To use the **Activity Calculator** enter the number of hours per week the client devotes to each activity. Note that the calculator automatically modifies the “No Activity” number of hours to add up to a complete week. The breakdown of activities can be viewed by time or by calories burned. The calculator uses the Katch-McArdle formula which estimates the metabolic rate by using only lean mass. For this reason it is important that an accurate body composition assessment is performed before using the **Activity Calculator**.

Trends and Reviewing Progress

The “Trends” screen allows the user to show the client the progress being made with a particular program. In “Trends” all the recorded data is portrayed on a line graph. You can chart the following data:

- Weight
- Body Fat %
- Point-Specific Fat Thickness
- Waist-to-Hip Ratio
- Point-Specific Circumference Measurements

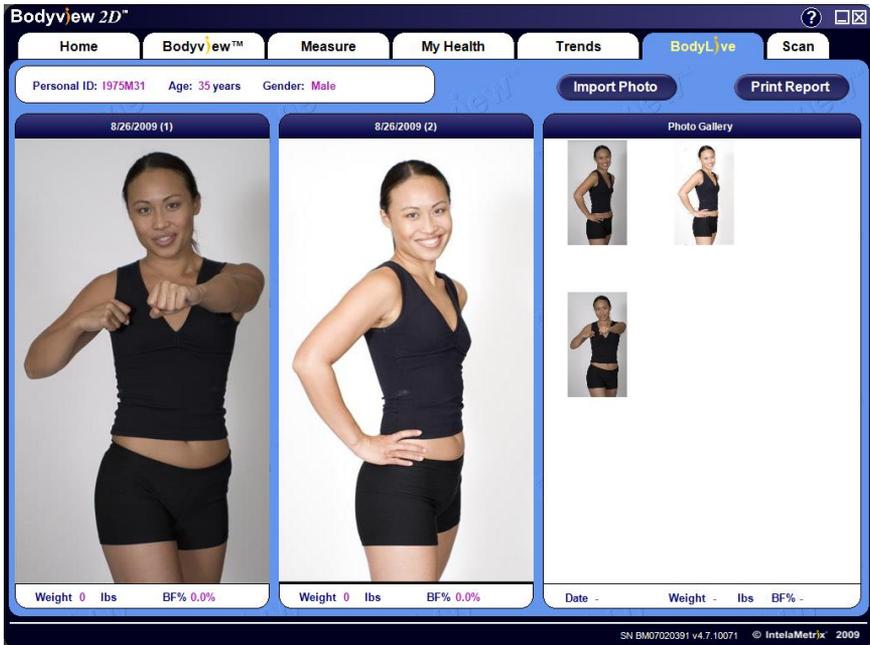
To view the value of each data point simply place the mouse cursor over the data point and the value will appear.



The actual value generated for each data point on the line chart can be shown by checking the box **Show Values**. If you click **Show Data** a table is displayed that shows the measured values in a spreadsheet format which can be Printed, Saved to a File, or Emailed.

BodyLive: Importing Photos

"BodyLive" allows the user to maintain a photo gallery of client images. Real before and after pictures can be imported from the hard drive or a digital camera. To import photos click **Import Photo**. Select the photo to import. An Import Wizard will open up; you can crop the photo using your mouse.

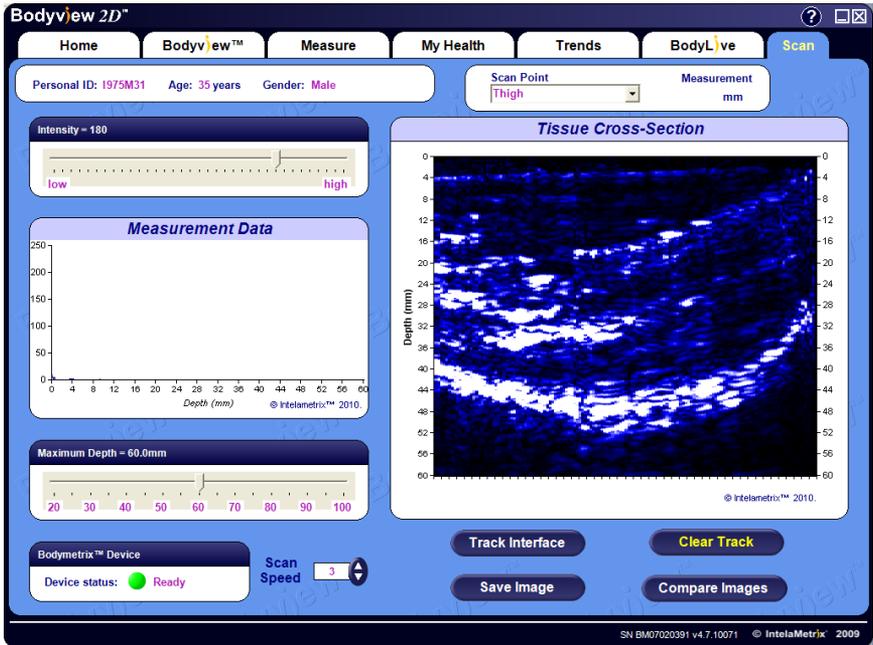


When importing a photo select the region of the photo to import by pressing the mouse button and dragging the mouse to define the crop rectangle. NOTE: the aspect ratio of the crop rectangle is fixed; it may be necessary to try different starting points to get the desired photo area. When satisfied click on **Save Photo** to add the new photo to the Photo Gallery panel. To compare photos, click and drag the photos into the desired display panel box. NOTE: the weight and %BF on the day that the photo was imported is displayed at the bottom of the photo. To display correct values insure that photos are imported the day measurements are collected.

To delete a photo, just click on the photo and press the **Delete** key. To print photos in the display panels, click **Print Report**. The options are to Save to File or to Email the photos directly to the client.

Body Scans

The BodyMetrix System can also be used to capture cross-sectional images of specific areas of interest. This feature can be used to accurately track fat loss, muscle gain, and even distinguish muscle quality.



To perform a scan follow these directions:

Step 1:

Clean the device with an antiseptic wipe or cloth with 70% isopropyl alcohol before starting a new scan.



Step 2:

Using the drop down menu, select a "Scan Point" to scan. Suggested Scan Points are shown on Page 32 of this User's Guide.

Step 3:

Apply a dime sized amount of ultrasound gel to the device.

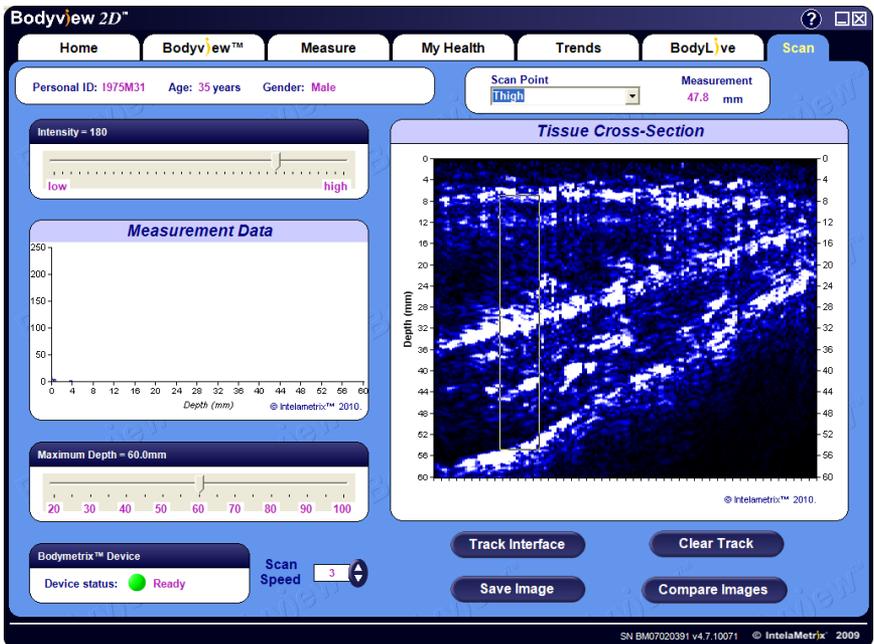


Step 4:

Place the device on the skin at the desired starting position and slide it along the complete section to be scanned to evenly spread the gel. Now, move back to the start position, press and hold the measurement button on the device and slowly slide the device along the complete section to be scanned. Ideally, the scan speed is adjusted to allow the image to completely fill the Scan panel.

Step 5:

When the scan is complete a cross sectional image will be created that shows the tissue structure along the complete scan region. The image will show a variety of tissue features including the fat layer, muscle layer, and if applicable bone. The screen below shows an example of a scan along a thigh from the midpoint to the knee. The *Measurement* is made by simply clicking on one point of the image and dragging to the other point. A rectangle is added to the image with the measured thickness being displayed in the Measurement area.

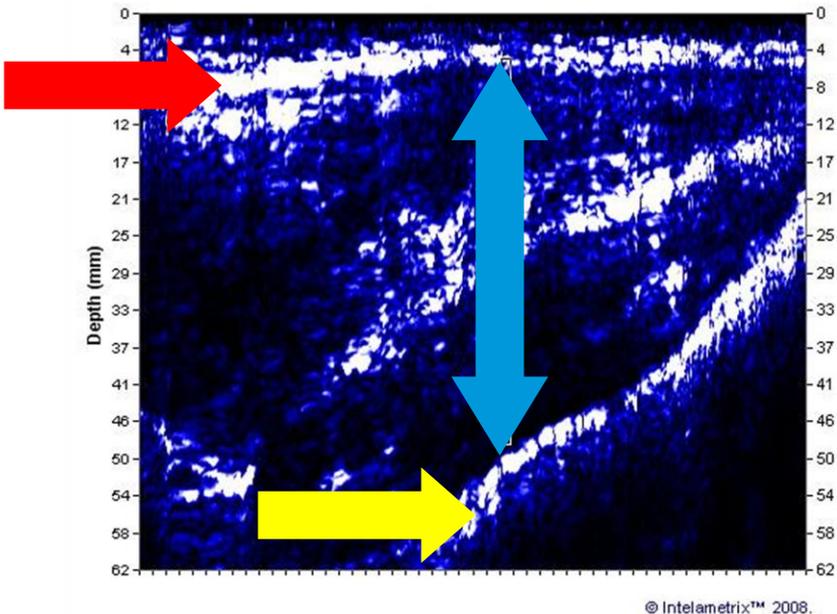


Interpreting Scans

It is necessary to know how to interpret a body scan to take full advantage of this feature. The image represents a cross-sectional view through the tissue along the scan area. Interfaces are found where the signal is strong. The white areas in this image show the interfaces.

In the image below a thigh was scanned from the midpoint to near the knee cap. The first bright band as indicated by the red arrow is the interface between the fat and muscle. The yellow arrow points to a bright band that is the interface between muscle and bone along the thigh. The muscle thickness is the distance between the fat-muscle interface and the bone as shown by the blue arrow. Since the scan ends near the knee, the total muscle thickness decreases as the device is moved closer to the knee cap.

Although, a good understanding of ultrasound and cross-sectional imaging is an asset, comparing scans is an easier process and can be used to illustrate the benefits of diet and exercise programs.



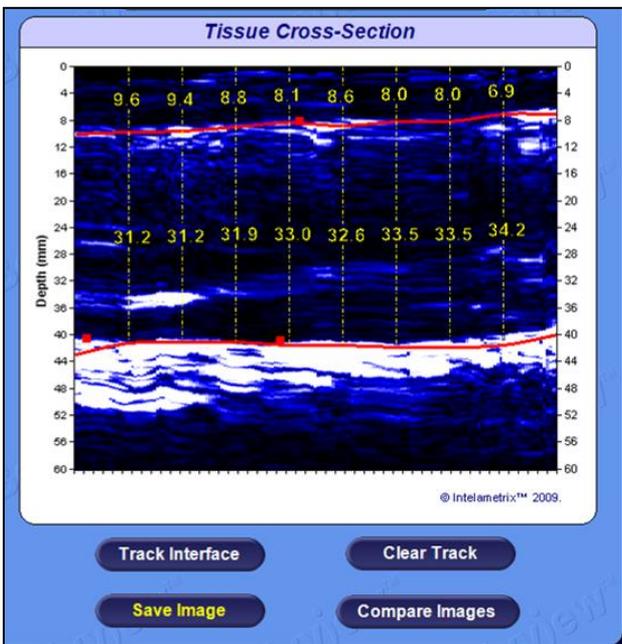
Tracking Features on Scans

It is possible to annotate scans and accurately measure tissue structure and thickness. The screen below shows how interfaces can be automatically tracked to highlight layers on scans.

To annotate a feature, first click on the **Track Interface** button and then click the mouse on the feature to be tracked on the image. For example, on the image below the mouse was clicked at the center on the first white feature which is the fat-muscle interface. The software then followed that feature to produce the first red track showing fat thickness. If satisfied with the track results, click **Stop Tracking**. If unsatisfied, click the mouse on other sections of the feature to force the automatic tracking to go through each click points.

It is possible to track multiple interfaces to measure tissue thickness. For example, to measure muscle thickness, you can track the muscle bone interface as shown below. To save the scan, click the **Save Image** button when satisfied with the scan and tracked features.

To remove the last track, simply click **Clear Track**.



To compare saved scans, click the **Compare Images** button.

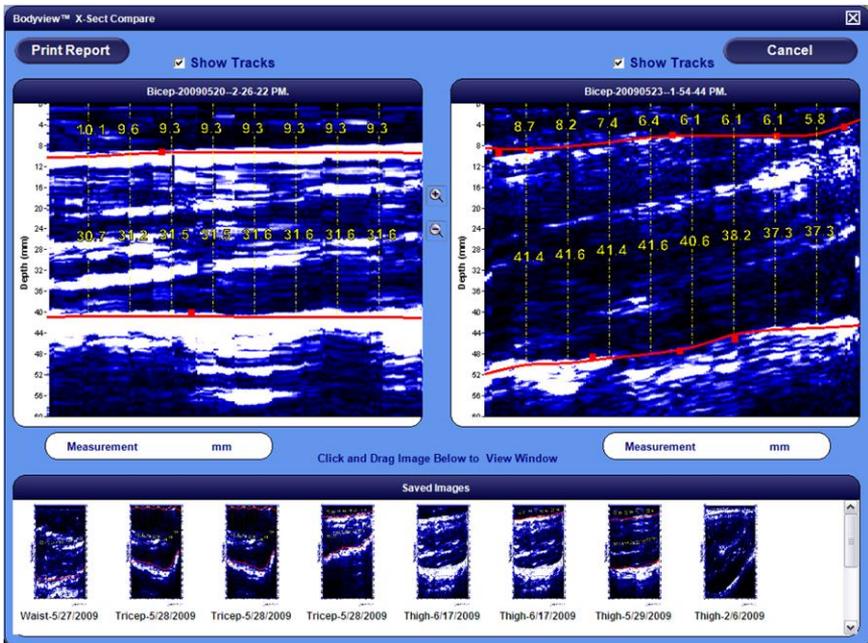
Comparing Scans

To compare any two saved scans, simply drag the desired “*Saved Image*” to the display panel. If the scan was saved with tracks then they will also be displayed. To remove the tracks from a scan, uncheck the **Show Tracks** check box.

To enlarge an area on a scan click on the **Zoom In** icon and then click inside the scan at the point to be enlarged. To return to the normal view, simply click on the **Zoom Out** icon.

To measure the thickness of a tissue layer, click on a start point and drag the mouse to an end point. The measured thickness will be displayed in the measurement panel directly below the scan.

To delete a scan, select the scan to be deleted and click **Delete** on your keyboard. To print a report of the selected scans, click **Print Report**. The report can be Saved to File, Emailed, or Printed out.



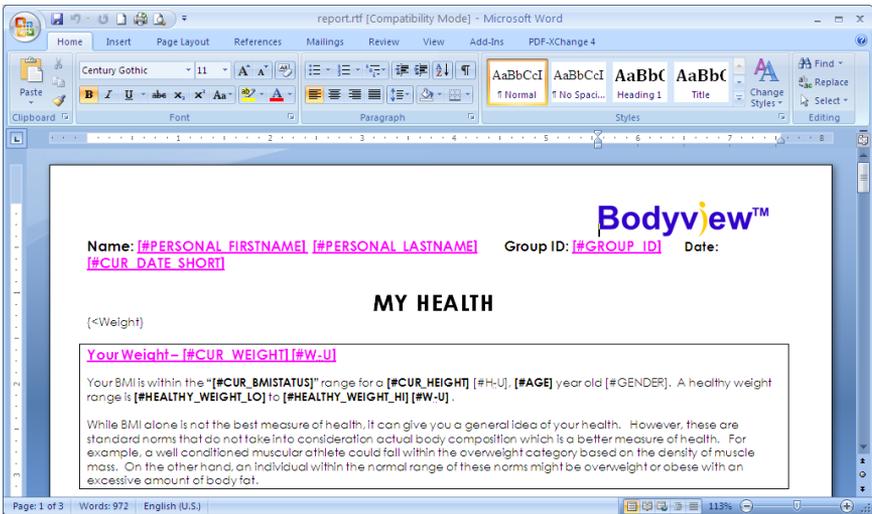
Customizing Reports

All reports generated by the BodyMetrix can be customized. To do this, go to: *Program Files* -> Open the folder *IntelaMetrix* -> Open the folder *BodyView* -> Open the folder *Rpt*.

Multiple Rich-Text Format or RTF files are in the folder which can be modified. We recommend that a backup copy is saved before any modifications are made. When a report is opened a combination of normal text and tag fields, as shown below, will be displayed. A tag field (e.g. **[#PERSONAL_FIRSTNAME]**) consists of a [# followed by an identifier and a closing] and represents a value or graph that will be inserted into the report by the BodyView software. Edit the report as desired being careful to correctly format tag fields.

Multiple report.rtf files can be generated by simply saving them as RTF files with a new file name that includes the word "Report" in the file name. If multiple reports are available, the software will allow the user to select which report to generate. This feature allows reports to be designed for different groups.

Upon completion of any changes or customization, save the RTF file and exit. The next time BodyView is opened the new report will be in place.



Measurement Site and Scan Point Guide

Male & Female

Bicep - Locate the anterior midline of the upper arm, halfway between the shoulder and the elbow joint on the front of the upper arm or at the peak of the bicep. The arm should hang freely and relaxed on the side of the subject.

To Scan, place at midpoint, press and hold the device measurement button while slowly sliding vertically down 3-4 inches towards the elbow.



Scapula - Locate just below the bottom tip of the scapula (shoulder blade).

To Scan, place on the bottom tip of the scapula. Press and hold the device measurement button while slowly sliding horizontally 3-4 inches to the right.



Axilla - Locate the site on the midaxillary line (below the armpit) level with the bottom of the sternum or breastbone.

To Scan, place on the axilla. Press and hold the device measurement button while slowly sliding vertically 3-4 inches towards the hip.



Waist - Locate 1 inch lateral to the umbilicus (belly button).

To Scan, place on the waist site. Press and hold the device measurement button while slowly sliding horizontally right 3-4 inches towards the hip.



Hip (Suprailiac) - Locate the site just above the iliac crest (front side tip of the top of the hip bone).

To Scan, place 1 inch below the iliac crest. Press and hold the device measurement button while slowly sliding horizontally to the right 3-4 inches.



Thigh - Locate the anterior midline of the thigh (front thigh) midway between the patella (knee) and the crease of the hip.

To Scan, place on the midpoint, press and hold the device measurement button while slowly sliding vertically 3-4 inches towards the knee.



Tricep - Locate the site midway between the acromion (tip of the shoulder) and the elbow.

To Scan, place on the midpoint, press and hold the device measurement button while slowly sliding vertically 3-4 inches down towards the elbow.



Lower Back - Locate the site over the kidneys and 2 inches to the right of the spine.

To Scan, place on site. Press and hold the device measurement button while slowly sliding horizontally to the right 3-4 inches towards the hip.

Calf - Inside midline of calf muscle at the maximum circumference of the calf.

To Scan, place on the site. Press and hold the device measurement button while slowly sliding vertically 2-3 inches down towards the ankle.

Chest (MALE) - Locate the site midway between the anterior axillary line (under arm) and the nipple.

To Scan, place on the axillary line. Press and hold the device measurement button while slowly sliding vertically 3-4 inches towards the nipple.



Chest (FEMALE) - Locate the site 1/3 the distance between the anterior axillary line (under arm) and the nipple.

FAQ's

What if my device is damaged and/or the device or software is not working?

Please contact IntelMetrix Support at 925-606-7044 or support@intelmetrix.com.

Is the BodyMetrix System safe for children?

Yes, it is safe for use on children. However, it is intended to be used on children 6 years or older.

Is the BodyMetrix System safe for pregnant women, people with pacemakers, or other medical conditions?

Yes, it is safe to use on all healthy individuals.

Why do you use Client ID numbers instead of names?

Client ID numbers are used to insure the privacy of your clients.

Is there a significant difference in the numbers of site I use or formulas for calculating Body Fat Percentage?

Depending on body type there can be a few percent difference between formulas used to measure Body Fat Percentage. We recommend that you select one formula and use it regularly to accurately track changes.

How often should I do assessments and scans?

It depends on your program, but it generally takes a minimum of 4-6 weeks to see a change in Body Composition.

How much ultrasound gel should I use?

For Body Fat Percentage assessments, we suggest using a 1/4 inch (5 mm) diameter sized amount of gel. For Scans we suggest using 2-3 times that amount to effectively coat the full scan area.

Will the measurements change depending on how much pressure I apply?

With normal, comfortable pressures there is little effect on the measured fat thickness. To study this effect go to the 2D scan and apply the BodyMetrix device to a point of interest and keep the button pressed while you change the applied pressure. You should see a very small shift in the fat-muscle boundary.

Why is the BodyView software indicating **Poor Contact?**

The most likely reason is that you didn't apply enough gel or the BodyMetrix was at an angle on the skin – not making full contact with the skin. Also, when sliding the device to average, it is important to maintain good contact with the skin. Do NOT be afraid to apply a little pressure.

Can I add new measurement sites to the BodyView software to measure?

Yes, you can easily do that by clicking on the 3D figure to the right of the Measurement screen. A dialog box will appear asking you to name the new site.

Can I override fat thickness measurements?

Yes, you can. If the automatic fat thickness measured is clearly in error, you can override the automatic calculation by stopping the measurement and clicking on the appropriate peak on the Measurement data graph. Select the peak you believe is the correct fat-muscle border (interface). A dialog box will appear asking you to confirm. This should rarely be necessary but in some cases, clients may have scar tissue within the fat layer that can hide the correct fat-muscle interface.

How is Basal Metabolic Rate (BMR) calculated?

We use the Katch-McCradle formula to calculate BMR.

How do I backup my database?

*If you perform regular backups of all your documents then the database should automatically be saved. However, if you want to directly back up the database you need to navigate to the folder **C:\Documents and Settings\All Users\Application Data\Intelametrix** and copy the folder BV to your backup storage media. DO NOT move or tamper with the database file as it may cause problem with the software for future use.*

Can I change a client's Athletic Type?

Yes, you can. By going to Preferences on the BodyView screen, you can open the Client Profile and changes the Athletic Type.

Why does the waist measurement seem incorrect?

It is one of the few locations where there are two layers of fat. The first layer is the superficial fat and the second layer is the deep adipose fat. The two layers are separated by a border or interface called a fascia. Sometimes the software picks the fascia instead of the actual fat-muscle interface. The fascia is generally the first large peak in the measurement. This occurs rarely; please manually override by clicking on the second large peak on the graph. If you continue to have this problem, you may want to change the Athletic Type of the client to the next level. For example, change from Athletic to Non-Athletic.

Care and Maintenance

To insure the proper care and maintenance of your BodyMetrix System, always remember to do the following:

NEVER use the device if the device or cord is broken or damaged.

NEVER use the device if the device is wet.

NEVER use the device on an open sore or cut.

DO NOT use abrasive or harsh chemicals to clean the device.

DO NOT drop the device as it may cause damage to it.

DO NOT store the device near a heat source or subject it to high temperatures, humidity, or direct sunlight as in may cause damage.

ALWAYS use an antiseptic wipe or cloth with 70% isopropyl alcohol in between uses.

Failure to do so may result in void of warranty.

Symbols



Manufacturer



Warning

Contact Us:

If you have any problems with your BodyMetrix System, please contact Intelametrix Support:

Intelametrix, Inc.

6246 Preston Ave.

Livermore, CA 94551 USA

+1 925-606-7044

support@intelametrix.com

Limited 2 Year Warranty

The BodyMetrix System and BodyMetrix BX2000 device is warranted to be free from defects in materials and workmanship for a period of 2 years from the date of original purchase under normal use. The warranty extends only to original retail purchaser.

If the product becomes defective during the warranty period, please contact IntelMetrix, Inc. for repairs or replacement.

The warranty DOES NOT cover products damaged by the following:

Accident, misuse, abuse, or alteration.

Servicing by unauthorized persons.

Use of unauthorized accessories.

Any other condition beyond our control.

INTELAMETRIX®, INC. SHALL NOT BE RESPONSIBLE FOR ANY INCIDENTAL, SPECIAL, OR CONSEQUENTIAL DAMAGE RESULTING FROM THE USE OF THIS PRODUCT. ALL IMPLIED WARRANTIES INCLUDING BUT NOT LIMITED TO IMPLIED WARRANTIES OF FITNESS AND MERCHANTABILITY ARE LIMITED IN DURATION TO 1 YEAR FROM ORIGINAL PURCHASE.

This warranty gives you specific legal rights, and you may also have other rights that vary from state to state. Some states do not allow the exclusion or limitation of incidental or consequential damages, or limitations on how long an implied warranty last, so the above limitations may not apply to you.

For questions please call:

+1 925-606-7044

Or email:

support@intelamatrix.com



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