

# Providers for Healthy Living Body Composition Testing

## Bioelectric Impedance Analysis (BIA)

Bioelectrical Impedance Analysis (BIA) uses alternating electrical currents to measure an individual's water volume through impedance (resistance) values.

This non-invasive method involves contact with electrodes on a person's hands and feet. A low-level electrical current is sent through the body, and the flow of the current is affected by the amount of water in the body. BIA devices measure how this signal travels through different types of tissue (muscle has high conductivity, but fat slows the signal down).

As BIA machines determine resistance to the flow of the current as it passes through the body, they tell how much water is in the body. This is then used to calculate how much body fat and lean body mass the individual has.

To provide the most accurate measurement, follow these preparations for the BIA:

### **DO:**

- Maintain your normal fluid intake the day before the test.
- Drink 16 oz of water, 2 hours before the test.
- Use the restroom before conducting the test.
- Stand upright for 5 minutes before the test is taken.
- Remove socks/pantyhose prior to stepping on the base.
- Remove all heavy objects from pockets and exterior clothing before testing.

### **DON'T:**

- Consume alcohol for at least 24 hours before the test.
- Test within 24 hours of exercising, using a sauna, steam bath or participating in any other activity that promotes sweating.
- Eat, drink (except water as above) or exercise at least 3 hours before testing.
- (Females only) Complete the test during menstrual cycle.

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## Consent for Testing

This document is my acknowledgement and consent to proceed with the performance of a comprehensive body composition test using the bioelectric impedance analysis (BIA) machine. I understand that this test is used to determine my total body composition, which includes percent and distribution of body fat and lean mass. I understand that I am consenting to this test so that I can understand my baseline body composition or follow-up on a previous body composition test in order to implement or continue my plan to improve my overall health and/or fitness level.

I accept any and all risks associated with the performance of the BIA and agree to indemnify and hold harmless Providers for Healthy Living and its employees from any claims, damages, losses and expenses resulting from the performance of this test.

By signing below, I acknowledge I agree to the information provided and confirm that ***I do not meet any of the following exclusion criteria:***

- Anyone who has implanted metallic materials like a pacemaker, defibrillator, stent, and metal suture in the heart, etc.
- Anyone who is equipped with the devices making electric signals such as an artificial heart and heart lung machine, etc.
- Anyone who is connected to a liquid-filled catheter or other electronic equipment with good conductivity.
- Anyone who falls under the cases below may face danger or may not acquire exact results due to disturbance of the electric signals.
  - Using electronic stimulators for any purpose while completing the test.
  - Being injected with electric currents or connected to operating devices such as ECG, EMG, EEG, etc.
  - Under the treatment or tests that are recognized as having the similar risk described above by a doctor.
- Anyone who is or may be pregnant.
- Anyone who may sustain physical damage from a small amount of electric stimulation.

Printed Name of Patient: \_\_\_\_\_

Patient/Parent or Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_