

The Stayhealthy Center

Set it up in a cubicle or other available office location and make clinical-grade



health measurement a convenient part of the work routine.

The Stayhealthy Center centralizes key components

of the [Stayhealthy® Total Body Composition Management System™](#) in a convenient place for employees to stop by and measure and monitor their body composition.

The standard Stayhealthy Center configuration is a web-enabled PC (desktop, laptop or netbook) connected via USB port to a [Stayhealthy Body Composition Analyzer™](#) (see photo above). The computer can be provided by either the program sponsor or Stayhealthy. Additional options include a weight scale and blood pressure monitor.

Readings are transmitted through Stayhealthy's HIPAA-compliant servers and uploaded to [employees' secure, personalized health records](#), which they can access at any time to monitor their progress toward attaining health and fitness goals. "De-identified," aggregated results are also instantly tabulated and reflected in population-level health reports accessible by program administrators.

The Stayhealthy Center plays a vital – and highly visible – role in virtually any workplace wellness program. It's a "win-win" solution, delivering powerful benefits to individuals committed to improving their health, as well as employers committed to helping them do so.

Healthy motivation and results

Fact: Providing easy access to Stayhealthy's Total Body Composition Management System drives increased participant engagement in health-enhancing programs and more positive, healthy lifestyle choices overall.

Metrics provided by the system serve as an ideal basis for value-based benefit design, incentive-based health improvement programs and workplace wellness competitions.

Stayhealthy's Body Composition Analyzer is the central measurement component of the Stayhealthy Center. This **FDA-cleared device** precisely measures body fat, lean mass and hydration levels. These factors – along with weight, height, age and gender – provide a clear picture of a person's current health status, risk potential and areas for improvement.