



# Managing your health just got a lot easier.

**Weight and health. We know the two are closely linked, but we haven't yet mastered how to take control of either.**

And it's costing us dearly – in dollars, lives and hopes for a healthy future. Problem is, body weight isn't the best indicator of overall health. Total body composition is.

That's where the Stayhealthy® Total Body Composition Management System™ comes in. The culmination of 15+ years of research and clinical validation, the system integrates Stayhealthy's FDA-cleared, personalized health measurement and assessment tools with comprehensive web-enabled tracking and reporting capabilities.

**It's what's in the weight that matters.**

Total body composition is a measurement of the components that together make up body weight:

**Lean mass** – The combined weight of muscle, bone, tissue and organs

**Body fat** – Stored fat

**Hydration** – The amount of water in the body

Weighing on a scale shows a person's total body weight, but doesn't distinguish where the pounds come from.

Judging a person's overall health based on how much they weigh is inaccurate at best and dangerous at worst. Why?

Because blanket assumptions about the distribution of lean mass, body fat and hydration don't take nearly enough human variables into consideration.

Many people work hard to lose weight based on old, standardized weight-based guidelines at the expense of their muscle function, skin tone and overall body processes.

## A vital breakthrough

Stayhealthy's Total Body Composition Management System is the first and only standardized method for individuals – and organizations – to consistently measure and monitor body composition with clinical-grade accuracy. It's noninvasive, repeatable, easy to use and relatively inexpensive.



Here's how it works:

Stayhealthy's Body Composition Analyzer™ 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.



Connect the device to a computer, via USB, to link with Stayhealthy's HIPAA-compliant servers. Then hold it for a few seconds to take a body composition reading. Data is automatically uploaded to a secure, personalized health record that can be accessed at any time to monitor progress toward attaining health and fitness goals.

The Body Composition Analyzer is cleared by the FDA as a Class II medical device. Used in conjunction with the online monitoring and analysis tools provided in the Stayhealthy web interface, it provides a wealth of clinically accurate information and guidance in setting appropriate goals to lower health risks.

## One size doesn't fit all

Body composition is sometimes confused with the body mass index (BMI), a statistical measure based on standardized height and weight ratios.

There are simply too many variables unique to each individual to use such one-size-fits-all approaches to accurately determine a person's true health status and successfully manage improvement over time.

Stayhealthy's Total Body Composition Management System provides heightened understanding of the contributing factors to personal health, fact-based guidance in setting appropriate goals to lower health risks, and the ability to accurately assess and track results over time to evaluate progress.

In short, it gives people the information they need to get and stay healthy.

## Stayhealthy at work

**Employee productivity, absenteeism, workplace satisfaction – each is directly linked to the overall health and fitness of the people who work at a company, as are the ever-escalating costs of employer-provided healthcare and insurance.**

Stayhealthy's Total Body Composition Management System is a powerful tool to address these concerns.

First, it provides exceptional health benefits to employees who use the system, resulting in a healthier overall workforce. Moreover, for the sponsoring organization, it fulfills the growing need for a way to measure the effectiveness of health and wellness initiatives currently in place. Stayhealthy's secure, web-enabled business interface is easy for program administrators to integrate into their existing health and fitness programs. As employees assess and track their individual body composition, the "de-identified," aggregated results can be monitored and analyzed at the population level so program sponsors can monitor a workforce's health risk profile over time.

The web interface is easy to access and use – anytime, around the clock – and delivers valuable information for extensive reporting and analysis. Program administrators can monitor and compare the progress of various workforce segments, using the system to identify high-risk areas and implement or fine-tune intervention programs as needed.

As more and more companies invest in wellness programs to help improve employees' health, Stayhealthy's Total Body Composition Management System is an invaluable tool for organizations to develop the right health strategies and confirm that they're working.

### **Why the wait to understand weight?**

Clinicians have known for years that a person's body fat percentage is a much more accurate gauge of physical health than their total body weight.

But measuring body fat has been expensive or highly invasive (or both), requiring tests such as DXA scans, hydrostatic (underwater) weighing, or taking skin-fold estimates with calipers (ouch!).

Even then, the measurements aren't generally accurate or consistent enough to serve as a sound basis for ongoing health management. That's why Stayhealthy's Total Body Composition Management System is such a vital breakthrough:

It's easy, affordable and a clinically proven way to help people target, achieve and maintain a healthy body fat percentage.

## Science. Simplicity. Stayhealthy.

Since 1995 Stayhealthy has worked with prominent clinicians and research professionals around the world to develop highly accurate, accessible and affordable health measurement tools.

Building on a reputation for excellence in the research community, Stayhealthy is committed to delivering the same advanced level of health measurement capabilities to the general public.

Our Total Body Composition Management System provides a simple yet scientifically proven way for people and companies to bring their weight-related problems down to size – a huge step in the battle against obesity and the debilitating health problems it leads to.

We're proud of our role in making proactive health management a reality; and there's much more to come. Stay tuned for more exciting Stayhealthy solutions as we continue developing innovative, clinically validated health monitoring tools to help people get and stay healthy, ultimately minimizing the need for expensive medical treatments altogether.

## Stayhealthy. **Make it your way of life.**

For more information, visit [www.stayhealthy.com](http://www.stayhealthy.com), call **866-818-8793**, or e-mail [inquiries@stayhealthy.com](mailto:inquiries@stayhealthy.com).

**“Success of any wellness program is highly dependent on the ability to provide accurate, personalized data and to measure and reward success,”** said Tommy Thompson, former U.S. Secretary of Health and Human Services.

“Stayhealthy’s Total Body Composition Management System does just that. It shows individuals where they stand and what they need to do to achieve and maintain good health, and it provides organizations with key data to assess, monitor and track improvements in the health of their workforce,” Mr. Thompson continued. “It’s huge and it’s essential.”

### **Tommy Thompson**

U.S. Secretary of Health and Human Services,  
2001-2005

Partner, Akin Gump Strauss Hauer & Feld  
2005-present

Leading advocate for fundamental change in the healthcare industry.