

Health management 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.

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.



Program administrators can monitor and compare the progress of various workforce segments using Stayhealthy's user-friendly web interface to identify high-risk areas and target or fine-tune intervention programs.

A breakthrough measurement system

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.



Dock the device to a computer to connect with Stayhealthy's HIPAA-compliant servers, then hold it for a few seconds to take a body composition reading. The data uploads automatically to a secure, personalized health record, where individuals can access and monitor their progress over time toward reaching their health and fitness goals. "De-identified," aggregated results are also instantly reflected in population level health reports accessible to program administrators.



The Body Composition Analyzer is FDA-cleared as a Class II medical device. Used 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.

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.

Ready access to clinical-grade results

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 is a highly effective addition to any health management program – obesity management, employee fitness, chronic disease management and countless others. It’s easy to integrate into existing programs and scalable for organizations of any size, including populations that are widely dispersed across network, branch or even home locations.

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.

Only Stayhealthy’s Total Body Composition Management System offers easy access to research-validated, clinical grade measurements in an HIPAA-compliant, web-enabled wellness system. Here are just a few of the ways Stayhealthy helps companies bring health-related problems down to size:

It provides 24/7 access to full population health management data based on clinically accurate body composition measurements, the most reliable indicator of health and health risk available today.

Stayhealthy’s user-friendly web interface equips program administrators with extensive monitoring, analysis and reporting tools. The system makes it easy to risk-stratify populations at regular intervals with pinpoint accuracy.

It can be integrated with existing health and wellness programs with little effort. Eligibility files and/or employee profiles are easily uploaded, linking key demographic data with ongoing, aggregated body composition results.

Put Stayhealthy to work for your company.

The entire Stayhealthy solution can be privately labeled or co-branded with Stayhealthy. ▼



The Stayhealthy system can be deployed in a variety of ways:

- Some companies provide Stayhealthy measurement devices to every program participant.
- Others establish one or several centrally located Stayhealthy Centers. ▼



- Our HealthCENTER Kiosk can also be the right fit.

In whatever way individuals access Stayhealthy’s tools and technologies, the system opens the door to a new, far more effective and engaging model of health and fitness measurement and management.

It delivers consistent, relevant metrics for incentive-based health improvement programs, health coaching and value-based benefit design.

The success of each program component can be regularly assessed, enabling program providers to track progress and fine-tune offerings for maximum impact.

The Stayhealthy system increases participant engagement in health improvement programs. Individuals who measure and track their own body composition results are much more likely to take a hands-on approach in proactively managing their personal health and wellness.

By monitoring an organization's health risk profile over time, companies can precisely tailor wellness programs to address specific needs within the organization.

The system drives overall healthcare savings, resulting from:

- Reduced need for more expensive screening methods
- Increased participant engagement in health-improving programs and behaviors
- Ability to identify and concentrate resources on highest risk areas

It's a huge "win-win" solution, delivering powerful benefits to individuals committed to improving their health, as well as employers committed to helping them do so.

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

We're proud of our role in making proactive health management a reality. Stay tuned for more exciting Stayhealthy solutions as we continue developing innovative, clinically validated health monitoring tools to give people and the companies they work for the information they need to get and stay healthy.

For more information, visit www.stayhealthy.com, call **866-818-8793**, or e-mail inquiries@stayhealthy.com.

"We administer a health and wellness program that demands highly accurate assessment and trending of our patients' body compositions. Without clinically proven, cost effective and easy-to-use tools it would be difficult to properly administer our program. Stayhealthy's Total Body Composition Management System performs seamlessly within our operation."

Dr. Bruce J. Grandstaff,
Ideal Protein Treatment
Administrator, Chiropractic
Health Strategies