ACCUNIQ BC380

ID / NAME: ▓▓▓▓▓▓▓▓▓▓▓

Height: 5 ft 8.0 in Age: 61 years Gender: Male

Test Date/Time: 2/8/2021 11:49

Body Composition Analysis

[lb]

	values	Body Water	Soft Lean Mass	Fat-Free Mass	Weight
Body Water	89.9 (78.3 ~ 95.7)	89.9	114.2 (100.1 ~ 122.1)		
Protein	24.3 (21.6 ~ 26.5)			122.4 (107.4 ~ 131.2)	
Minerals	8.2 (7.3 ~ 9.0)				226.3 (123.0 ~ 166.4)
Body Fat	103.8 (29.3 ~ 30.4)				

Muscle/Fat Analysis

[lb]

	Under		Normal			Over						[%]
Weight	65	75	85	100	115	125	135	145	155	165	175 185	226.3
SMM (Skeletal Muscle Mass)	70	80	90	100	110	120	130	140	150	160	170 180	68.6
Fat Mass	40	60	80	100	120	170	220	270	320	370	420 470	103.8

Obesity Analysis

	Under		Normal			Over						[kg/m²]
BMI (Body Mass Index) kg/m²	14.50	16.50	18.50	21.70	24.90	27.12	29.35	31.58	33.81	36.04	38.27 40.50	34.4
PBF (Percentage of Body Fat) %	10.0	12.5	15.0	17.5	20.0	26.4	32.8	39.2	45.7	52.1	58.5 65.0	45.9

Abdominal Obesity Analysis

	Under	Normal		Over		
WHR (Waist to Hip Ratio)		0.75	0.90			1.28

	Subcutaneous	Balanced	Boundary	Visceral Obesity I	Visceral Obesity II	
VFL (Visceral Fat Level)	0	4	8	10	15	18
VFA (Visceral Fat Area) cm²		50	100			444

Segmental Lean and Fat Analysis

Trunk 56.00 lb

Left Arm 6.94 lb Soft Lean Mass (based on current weight) Right Arm 7.12 lb

Left Leg 17.59 lb Right Leg 17.37 lb

Trunk 54.48 lb

Left Arm 7.43 lb Fat Mass Right Arm 7.36 lb

Left Leg 13.05 lb Right Leg 13.18 lb
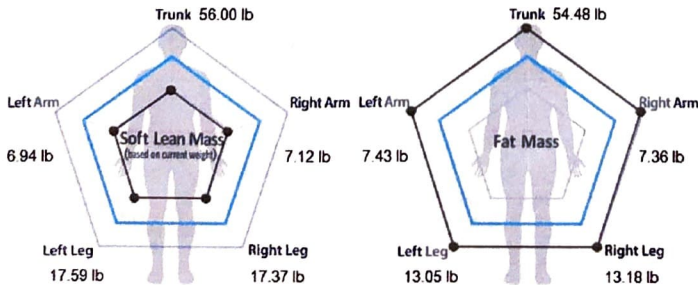
Body Composition Change

Weight lb	226.3
SMM (Skeletal Muscle Mass) lb	68.6
PBF (Percentage of Body Fat) %	45.9
Test date	2/8/2021 (11:49)

Comprehensive Evaluation

Body Type	Obesity class 3	
Biological Age	66	years
Basal Metabolic Rate(BMR)	1568	kcal
Total Daily Energy Expenditure	2414	kcal
Body Cell Mass	79.4	lb
Visceral Fat Mass	24.3	lb
Obesity Degree	+56.4 (-10.0 ~ +10.0)	%
Abdominal Circumference	50.2 (Less than 40in)	in
Total Score	57	Points

Body Balance Assessment

Upper Body L/R	☑ balanced	☐ imbalanced I	☐ imbalanced II
Lower Body L/R	☑ balanced	☐ imbalanced I	☐ imbalanced II

Control Guide

Target Weight	148.4	lb
Weight Control	-77.8	lb
Muscle Control	+0.0	lb
Fat Control	-77.8	lb

ECW ratio   0.386   (Optimal)

Segmental Lean Mass (Based on standard weight)

Right Arm	7.12 lb	[6.13 ~ 7.47]	/Fit
Left Arm	6.94 lb	[6.13 ~ 7.47]	/Fit
Trunk	56.00 lb	[46.01 ~ 56.22]	/Fit
Right Leg	17.37 lb	[16.89 ~ 20.64]	/Fit
Left Leg	17.59 lb	[16.89 ~ 20.64]	/Fit

Impedance (572)

Freq	5K	50K	250K
RA.Imp.	315	285	264
LA.Imp.	335	304	281
Trunk	28	25	21
RL.Imp.	276	252	232
LL.Imp.	277	252	232

Blood Pressure Analysis

Systolic   mmHg / Diastolic   mmHg
Pulse   bpm

For history management, please upload this results at the website using QR code scanning

# AUTONOMIC BALANCE & STRESS REPORT

Name		Gender/Age	M / 61	Date	02-08-2021 11:56

Autonomic Nerve & Stress Test

It analyzes the variation of heart beats to know about the physical and mental stress state and the balance status of autonomic nerve system. And it helps to maintain the healthy status by predicting the stressful disease, cardiovascular disease and the risk factor of adult disease.
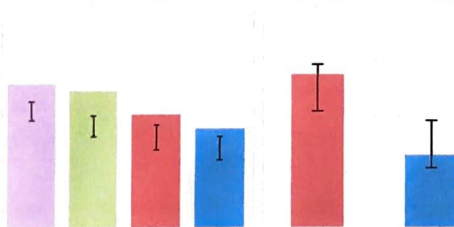
HRV Tachogram
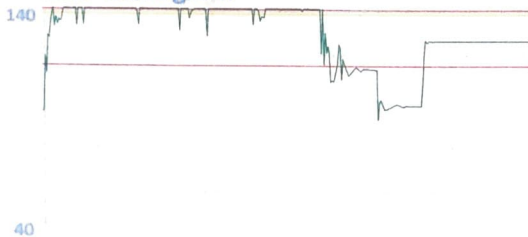
Mean Heart Rate	141
Ectopic Beat	133

Stress Score — 25

From the basis of score 50, the stress is less as it is lower, while the stress is more as it is higher

	Very Bad	Bad	Normal	Good	Excellent
ANS Activity					
Fatigue Index					
Electro-Cardiac Stability					

	Highly Unbalanced	Unbalanced	Balanced
ANS Balance			

	Low	Normal	High	Very High
Physical Stress				
Mental Stress				
Stress Resilience				

Comment

Compared with the mean heart rate of healthy people, you have been higher. This result can be seen when the test was performed just after exercise or it may be caused by excitement, over-drinking, temporal stress and any disease. You need to bring down the heart rate with continuous management.

Autonomic nervous system is very good and the metabolic modulation function is also very good.

Fatigue index has been slightly lowered.

Autonomic nerve activation has been balanced and you can feel it stable.

While you were measuring, abnormal heart beat was found. This result can be seen when you were talking, coughing, or moving. However, it is also possible as a warning signal of cardiovascular disease. Try again to take a test without talking and moving. If it shows the same results, you may have abnormal heart function.

ACCELERATED PHOTOPLETHYSMOGRAPH REPORT

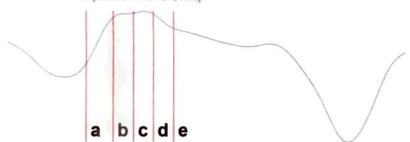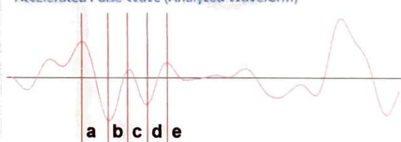| Name	▮▮▮▮	Gender/Age	M / 61	Date	02-08-2021 11:56

Arterial Health Test

It is the test that shows the aging of blood vessel and peripheral blood circulation status by analyzing the minute signal detected at the finger tip.

Analysis of Pulse

Pulse Wave (Basic Waveform)

a b c d e

Accelerated Pulse Wave (Analyzed Waveform)

a b c d e

Vascular Health Analysis

Mean Heart Rate **141**

Wave Type **TYPE-1**

ITEM	MEASURED VALUE	SUB-OPTIMAL	NORMAL	OPTIMAL
AE	98			
PE	2			

※ AE : Arterial Vessel Elasticity
PE : Peripheral Vessel Elasticity

Level Analysis

Level	1	2	3	4	5	6	7
(%)	33.6%	12.6%	3.4%	14.3%	10.1%	26.1%	0.0%
Vessel States	Excellent	Good	Careful	Warning	Bad	Very Bad	

Comment

Your vessel state and blood circulation are very good. You are recommended to keep the current condition with the proper life tendency and regular physical exercise.