



seca

Body Composition Analyser

*Where BMI ends, the **seca** medical Body Composition Analyser begin*

Contact Us

Jonathan.Ward@networkplus.co.uk

SCAN QR CODE | SET UP AN ACCOUNT FOR FREE

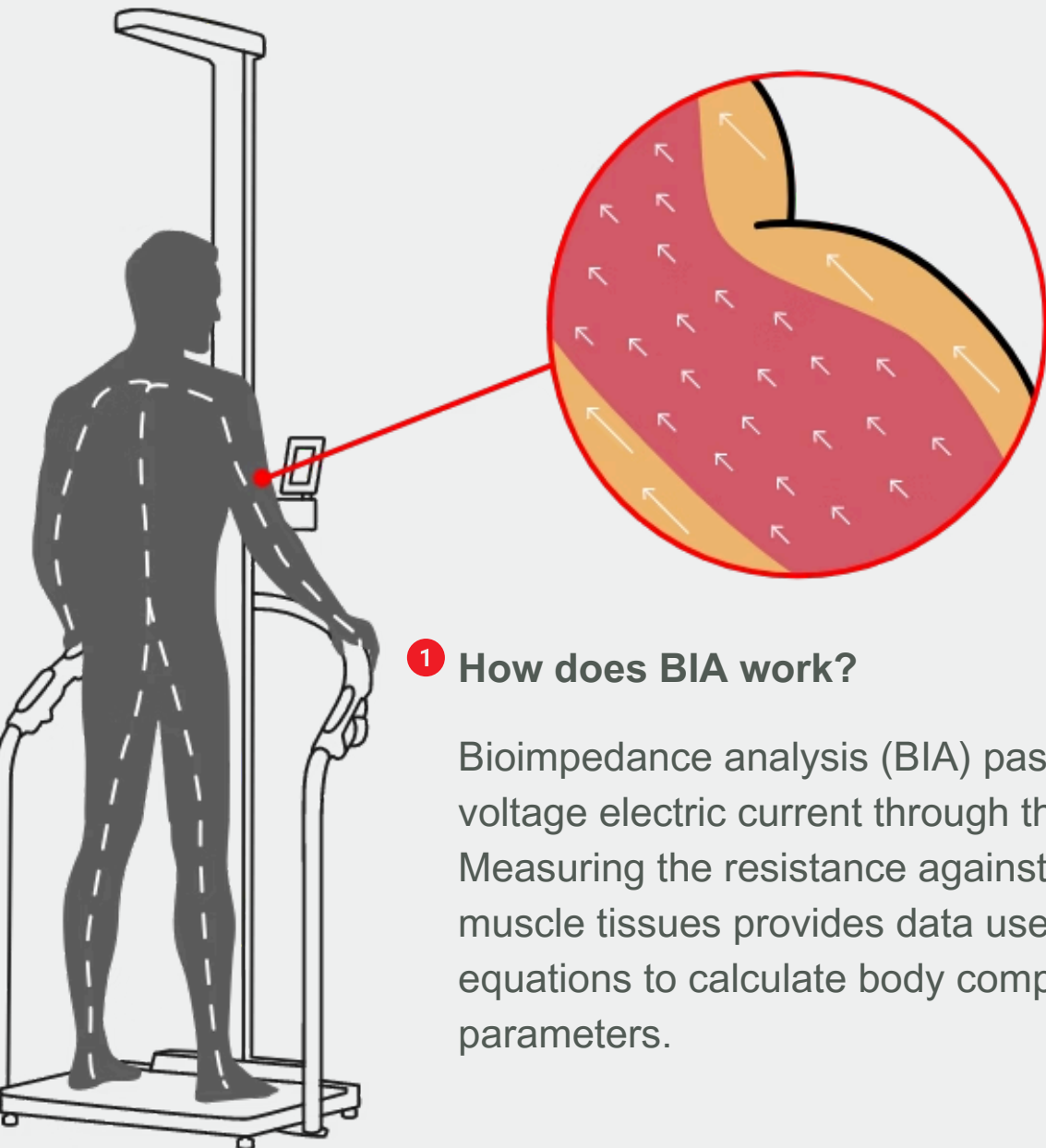




seca

Body Composition Analyser

Where BMI ends, the **seca** medical Body Composition Analyser begin

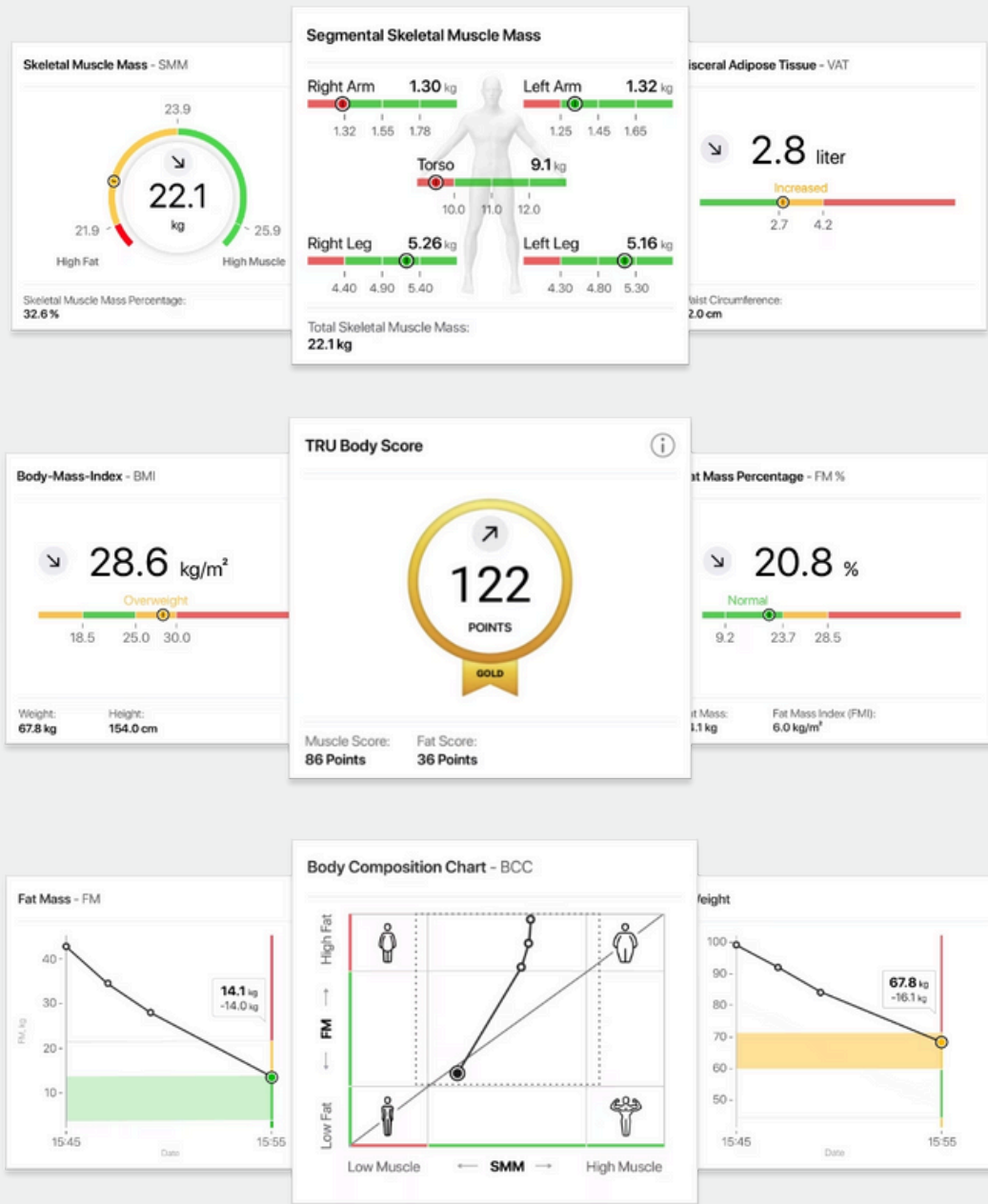


1 How does BIA work?

Bioimpedance analysis (BIA) passes a low voltage electric current through the body. Measuring the resistance against fat and muscle tissues provides data used in equations to calculate body composition parameters.

2 Visualise changes in body composition

With seca body composition analysis, successes through exercise and achievements from dietary changes are precisely measurable and also accessible via smartphone or laptop by your patients or members.



3 Download the app

- Your account is linked directly to your myAnalytics app.
- Get your results and recommendations in real time.
- Track your progress and watch your health improve



Dan Holland – Non Executive Director

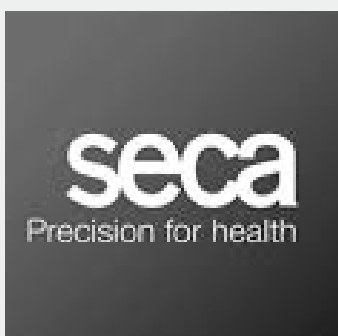


Contact Us

Jonathan.Ward@networkplus.co.uk

SCAN QR CODE | SET UP AN ACCOUNT FOR FREE





How to get started



The **seca** medical Body Composition Analyser is now set up and running in the Worsley main kitchen.

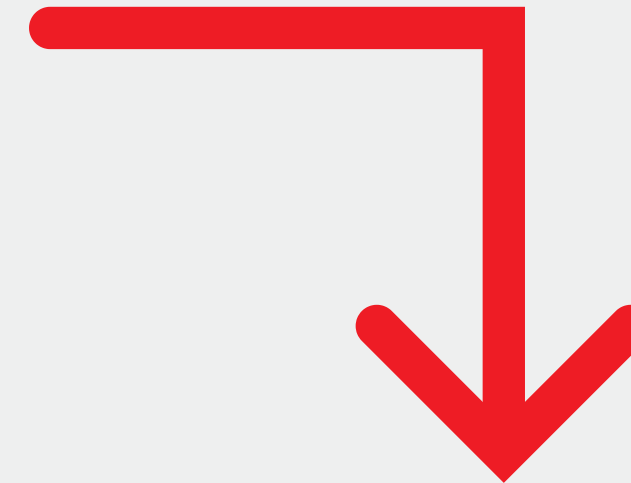
It is free to use and has no hidden subscription costs.

You can set up your own account and take your own measurements.

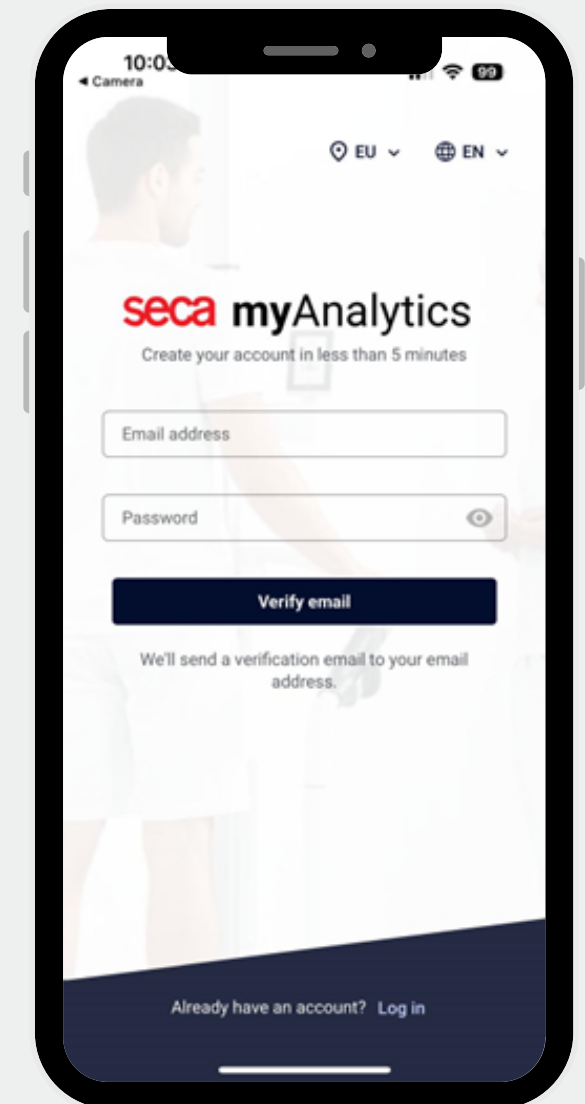


Scan the QR code and follow the link to setup an account.

If you already have an account, just log in on your app.



If you are creating an account then follow the on screen steps and check your emails to verify.



Contact Us

Jonathan.Ward@networkplus.co.uk

SCAN QR CODE | SET UP AN ACCOUNT FOR FREE





Take your measurements

1

Clean the weighing platform and handrail electrodes with disinfectant spray and wipe until dry.



2

Remove your shoes and socks and stand on the inner illuminated foot marks



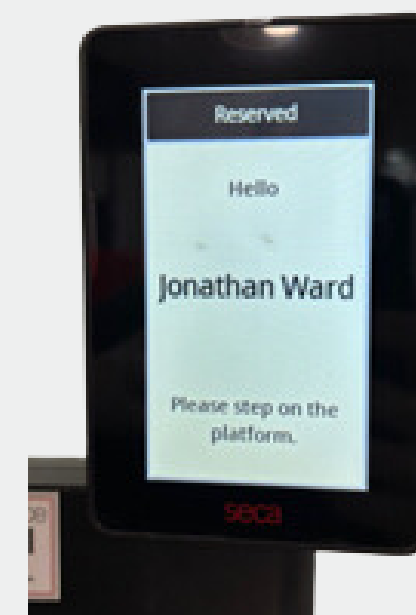
3

Scan the QR Code and log in



4

You should see your details on the SECA Machine. Step on to the machine.



5

Stand with an upright posture, and look straight ahead for height / weight measure



Contact Us

Jonathan.Ward@networkplus.co.uk

****If you have a pacemaker or similar implanted devices then DO NOT Use the machine**

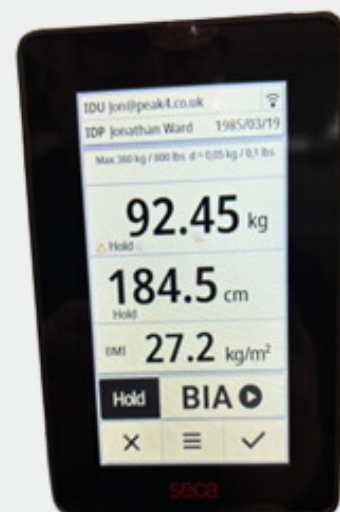
****If you are pregnant then DO NOT use the machine**



Take your measurements

6

Once your height and weight have been taken, press the BIA button on the screen.



7

When directed by the machine, move your feet out to the outer illuminated foot marks



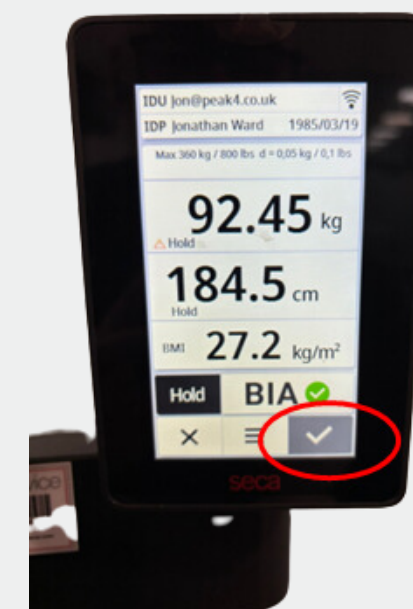
8

Place your hands on the handrail with the finger separator between the middle and ring finger



9

After the Bioimpedance scan has finished, press the tick button on the screen to submit your results.



10

You will receive an email where you can access your results





If you have any problems, please contact:



Jonathan.Ward@networkplus.co.uk



07817 814656

Contact Us

Jonathan.Ward@networkplus.co.uk

SCAN QR CODE | SET UP AN ACCOUNT FOR FREE

