

Pre-Measurement Protocol

Before you measure, make sure your client has:

- Rested (seated quietly) and avoided activity for 10-15 mins (Fig. A).
- Refrained from eating and drinking for at least 4 hrs (water is okay).
- Refrained from exercise (aerobic or strength training) for at least 4 hrs.
- Refrained from consuming caffeine, nutritional supplements or medications containing pseudoephedrine for at least 4 hrs.
- Refrained from smoking or using nicotine for 1 hr.



Note:
For an accurate measurement, it is critical that your client follows the above conditions. Reschedule the client appointment if this protocol is not followed.

STEP 1



Attach the small plug of the power supply to the jack on the side of the BodyGem® device, and plug the power supply in to the wall outlet (Fig. B).

- The BodyGem device will beep once.
- The Indicator Light on top of the unit will briefly cycle from red to green and then it will turn amber.
- The LCD screen will alternately display the product code and last measurement result.



If the device is a SmartGem (with preloaded measurements remaining), then the number of measurements remaining will also be displayed (Fig. C).

STEP 2



Insert the single-use mouthpiece into the BodyGem device until it fits snugly (Fig. D).

STEP 3



Place the BodyGem device upright on a flat surface away from vents and fans (Fig. E).

Note: *It is important to leave the device stationary, upright, and on a flat surface throughout the self-calibration period (and while the amber light is flashing).*

STEP 4



Press the Start Button (amber Indicator Light on top of the device) (Fig. F).

- The amber light will begin flashing during self-calibration.
- Do not pick up the device until it beeps and amber Indicator Light flashes green.

STEP 5



Place the nose clip on the client's nose, closing the nostrils completely. Give the client the BodyGem device and have them position the device so that the mouthpiece fits comfortable in their mouth, ensuring a tight seal around the mouthpiece. Do not block the bottom of the device. Direct the client to breathe normally into the device. The measurement will take 5-10 minutes (Fig. G).

Note: *No air should be allowed to escape from the client's nose or around the outside of the mouthpiece during the measurement. The client should remain seated and reasonably still.*

STEP 6



The BodyGem device will beep and the Indicator Light will change back to amber once the device has completed the measurement. The client's resting metabolic rate (RMR) measurement will be displayed on the LCD screen (Fig. H).

STEP 7

Discard the mouthpiece and nose clip. The mouthpiece insert may only be used for a single measurement and must be discarded after each completed measurement for sanitary reasons. Subsequent measurements on the same person requires the use of a new single-use mouthpiece.

Note: *If an error message occurs during the measurement, the mouthpiece may be re-used for an immediate re-measurement on the same client.*

STEP 8

Record the RMR measurement for future use and reference.

Note: *If you are using the BodyGem Analyzer software, complete the patient's profile, and print out the clients personalized report.*




BodyGem

Step-by-Step Guide

Proper Handling and Storage

The BodyGem device requires proper handling and storage for longevity and best results.

- DO NOT submerge the device in any kind of liquid.
- DO NOT disassemble the device.
- To protect the BodyGem sensors, store in carrying case.
- DO NOT store in extreme hot or cold temperatures.

FOR EXTERIOR CLEANING ONLY:

Wipe down the device using the following:

A clean dry cloth

Clorox® Disinfecting Wipes



Note: To re-start a measurement when an error message occurs, simply unplug the power cord. Replug the power cord into the device and begin the measurement again.

Error Codes

ER 01: Device has detected an air leak (Figure I)

- Check to ensure the client has a tight seal around the mouthpiece, and that the nose clip is snug. It can happen if the flow tube has been pulled out slightly. Reseat the flow tube so that it's flush.

ER 04: Device has detected an interruption during the measurement.

- Check to ensure the client is breathing normally and does not remove the device from their mouth for an extended time during the measurement.

ER 05: Device has detected an external airflow during calibration.

- Check the room for air movement, such as a vent or fan. If present, move to another location and begin the measurement.

Note: Please refer to your User Manual for additional information.

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Getting to Know BodyGem®

The BodyGem device is a handheld indirect calorimeter that measures an individual's resting metabolic rate (RMR), which is the number of calories a person burns at rest over a 24-hour period. With each BodyGem comes the BodyGem® Analyzer professional companion software. BodyGem Analyzer assists health and wellness professionals in developing personalized weight management plans and generates important educational reports for each client.

RMR is 65-75% of a person's daily needs.

A client's RMR number is valuable, since it is frequently used as an integral part of many different weight management programs. Use the BodyGem Analyzer software to determine your client's Daily Caloric Budget, based on their RMR, lifestyle and weight goal.

The BodyGem is easy to use, delivering an RMR measurement quickly and accurately (measurements take 10 minutes or less). However, it is critical that the device is used in the recommended manner to achieve the desired results.

Please familiarize yourself with this Step-by-Step Guide to make full use of the BodyGem device and ensure accurate readings.

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Step-by-Step Guide



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