The Dr. Jeffrey Tucker Body Composition Analyzer

Cleared by the FDA as a Class II medical device, the Dr. Jeffrey Tucker Body Composition Analyzer is used to perform scans via the Dr. Jeffrey Tucker Health Center.

This comprehensive body composition system provides real-time, accurate, instant and repeatable monitoring and trending of your patients' crucial biometrics:

- **Lean mass**
- **Body fat**
- **Hydration level**
- **Basic Metabolic Rate**

Set-up Steps

Here's how to take fullest advantage of the Dr. Jeffrey Tucker Body Composition Analyzer's (BCA's) measurement capabilities. **First, set up the system** - the computer you're using must have:

- A working **internet connection** and a working **USB 2.0 port t**o plug the BCA device into. **A hardwired connection** is highly recommended while a Wireless or Wifi is not recommended. Cellular or mobile Hot Spots connections are not supported.
- **Windows XP** as a minimum or **Windows 7** operating system (highly recommended), **.NET Framework 3.5 SP1**, CPU 1.6 GHz, Ram 2 GB, 10 Mb Free Hard Disk space.
- **Web browser: Internet Explorer 7+ or 1 of the 3 most current versions of Firefox or Chrome.**
- **Dr. Jeffrey Tucker web client software.** If not installed, contact your system administrator for installation procedures.

FAQs about body composition scan results

1. Why do scan results show unintentional increases or decreases in lean mass or body fat?

- Check to make sure scanning procedures were followed correctly.

- The patient could be underhydrated, have dry hands or, perhaps, has been eating non-approved food or increasing physical activity.

- Consider the patient might have deviated from the program.

Reminder: A decrease in lean mass does not necessarily mean there is a loss of muscle. Loss of lean mass can represent water loss and/or loss of structural tissue due to the decrease of body fat.

Set-up Steps (continued)

1. Connect the BCA to the computer's USB port.
2. Log on to the admin portal and select the "Manage Users" tab.
3. Select the right user profile and review it for accuracy.
4. Enter the user's current weight to the nearest pound.

Scanning tips

For the most consistent and accurate readings, users should do the following when scanning body composition:

- Stand with feet shoulder-width apart.
- Grasp the BCA firmly without squeezing hard (i.e., light "golf club" grip, no white knuckles). Hands and thumbs should be touching the metal bars. Thumbs should be pointing up.
- The person's back should be straight and arms extended forward with elbows locked, but not hyperextended.
- Make sure hands and fingers are not touching.
- Hold the BCA until the multicolored bar on the computer screen extends completely to the right.
- Stand in the same position during each scan.
- **Use the picture to the right for reference.**

For more information, please contact your Dr. Jeffrey Tucky program manager or system administrator.
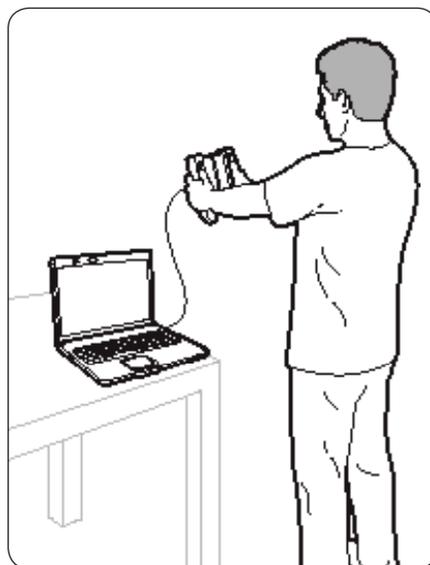
FAQs about body composition scan results

2. How do I know what activity profile to select?

Thoroughly read the definitions provided when taking a scan.

If in doubt, choose the "normal" profile and trend results for a month, while actively questioning the patient about actual activity levels (which most people tend to overestimate).

3. The question I have isn't listed. Where can I get more information?

Review the FAQ/Troubleshooting sections on the Stayhealthy Dashboard for more information.

Reminder: The system is ultimately about trending and providing information for a wellness professional to interpret.

To avoid "paralysis by analysis," follow the steps outlined here.