

# X CONTACT 356

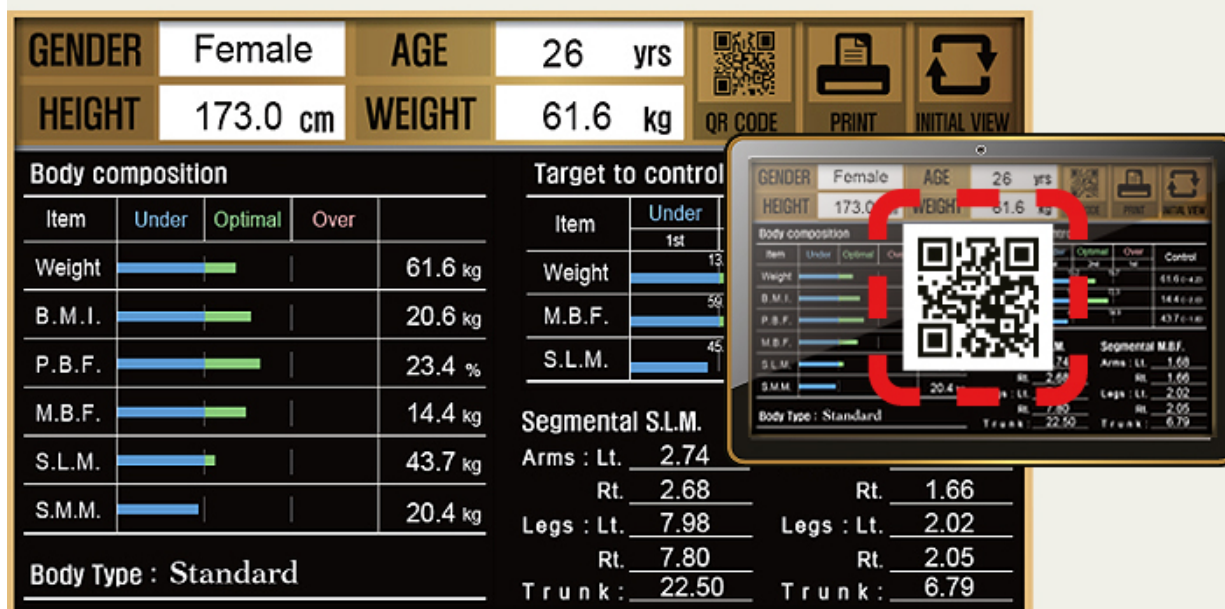
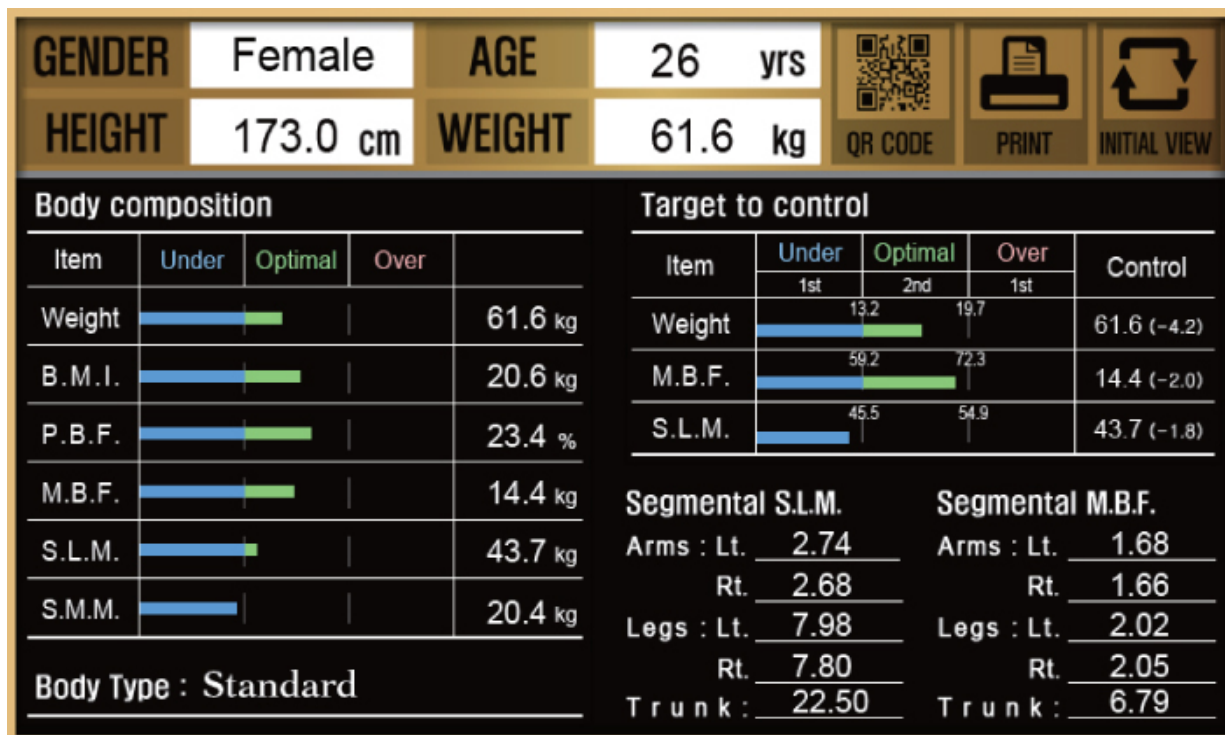
Multi-Frequency Segmental Analysis

Full Body Measurements



# X CONTACT 356

## Color Touch Screen View



# X CONTACT 356

## Results Report

### Complete Body Composition Profile

ID: JAWON MED 0002346512  
Date: 2014-04-20 16:25

Name: Diane  
Height: 173.0 cm Weight: 61.6 kg Age: 26 yrs Gender: Female

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**JAWON**  
www.jawon.com

#### Body Composition

|                 |                 |                 |
|-----------------|-----------------|-----------------|
| Weight/Optimal  | Std.wt.         |                 |
| 61.6(59.2~72.3) | 65.8            |                 |
| L.B.M./Optimal  |                 | M.B.F./Optimal  |
| 47.2(46.1~52.6) |                 | 14.4(13.2~19.7) |
| S.L.M./Under    | S.M.M./Under    | Mineral/Under   |
| 43.7(45.5~54.9) | 26.2(27.3~32.9) | 3.5(3.6~3.9)    |
| T.B.W./Optimal  | Protein/Optimal |                 |
| 34.0(33.1~37.8) | 9.7(9.2~10.5)   |                 |

#### Body Type

|       |                        |  |        |
|-------|------------------------|--|--------|
| 23.4% |                        |  |        |
|       | Standard               |  |        |
|       |                        |  |        |
|       | 20.6kg/cm <sup>2</sup> |  | B.M.I. |

#### Body Status

|        |                                         |         |      |                   |
|--------|-----------------------------------------|---------|------|-------------------|
|        | Under                                   | Optimal | Over |                   |
| Weight | 70 80 90 100 110 120 130 140 150        |         |      | kg                |
| B.M.I. | 14.5 16.5 18.5 21.75 25 27.5 30 32.5 35 |         |      | kg/m <sup>2</sup> |
| P.B.F. | 10 15 20 25 30 35 40 45 50              |         |      | %                 |
| S.L.M. | 70 80 90 100 110 120 130 140 150        |         |      | kg                |
| S.M.M. | 70 80 90 100 110 120 130 140 150        |         |      | kg                |

#### Abdominal Analysis

|        |                 |          |            |            |             |
|--------|-----------------|----------|------------|------------|-------------|
|        | Subcutaneous    | Balanced | Borderline | Visceral I | Visceral II |
| V.F.L. | 1 5 9 11 16     |          |            |            |             |
| V.F.A. | 40 80           |          |            |            |             |
| W.H.R. | Under           | Optimal  | Over       |            |             |
| A.C.   | 70.70 0.76 0.85 |          |            |            |             |

#### Control Guide

|        |               |         |                     |
|--------|---------------|---------|---------------------|
|        | Measured data | Control | Goal to Control     |
| M.B.F. | 14.4          | -2.0    | Target to Control   |
| S.L.M. | 43.7          | -1.8    | Control / Week      |
| Weight | 61.6          | -4.2    | Duration to Control |

|                     |             |                  |                       |      |
|---------------------|-------------|------------------|-----------------------|------|
| You need to control | 440         | kcal from T.E.E. | 2011                  | kcal |
| By diet             | Intake 704  | kcal             | Diet prescription     | 2715 |
| By exercise         | Consume 264 | kcal             | exercise prescription | 264  |

#### Body Composition Change

|          |           |         |        |         |
|----------|-----------|---------|--------|---------|
|          | Date      | Weight  | P.B.F. | S.L.M.  |
| Previous | 2013.4.14 | 61.8 kg | 23.6 % | 43.5 kg |
| Present  | 2013.4.26 | 61.6 kg | 23.4 % | 43.7 kg |

#### Segmental S.L.M.

Lt. Arm: 2.74 kg [2.71~2.76] /Optimal  
Rt. Arm: 2.68 kg [2.71~2.76] /Optimal  
Lt. Leg: 7.98 kg [7.85~7.93] /Well  
Rt. Leg: 7.94 kg [7.85~7.93] /Well  
Trunk: 22.50 kg [22.48~22.53] /Optimal

#### Segmental M.B.F.

Lt. Arm: 0.87 kg [1.65~1.70] / Under  
Rt. Arm: 1.29 kg [1.65~1.70] / Under  
Lt. Leg: 2.88 kg [1.92~1.95] / Over  
Rt. Leg: 3.17 kg [1.92~1.95] / Over  
Trunk: 6.19 kg [6.73~6.80] / Under

#### Balance

Upper-Lower ☒ Balanced ☐ Unbalanced

Left-Right ☒ Balanced ☐ Unbalanced

E.C.W./T.B.W. (0.391)

☒ Optimal ☐ Borderline ☐ Over

B.C.M.: 30.4 kg (29.2~31.0)

B.M.R.: 1306 kcal

T.E.E.: 2011 kcal

A.M.B.: 26 yrs

Total score 80/100

Study Impedance (320Ω)

|         |     |     |      |
|---------|-----|-----|------|
| Freq    | 5K  | 50K | 250K |
| RA Imp. | 336 | 314 | 262  |
| LA Imp. | 323 | 308 | 263  |
| Trunk   | 67  | 42  | 67   |
| RL Imp. | 243 | 229 | 183  |
| LL Imp. | 256 | 235 | 182  |

Systolic Lt 125 mmHg / Rt 111 mmHg

Diastolic Lt 65 mmHg / Rt 69 mmHg

Pulse 76 bpm

The difference of your inter-arm pressure is

Systolic 14mmHg, Diastolic 04mmHg



Scan the left QR code with a smart phone to see the result on the website.

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## Results Report

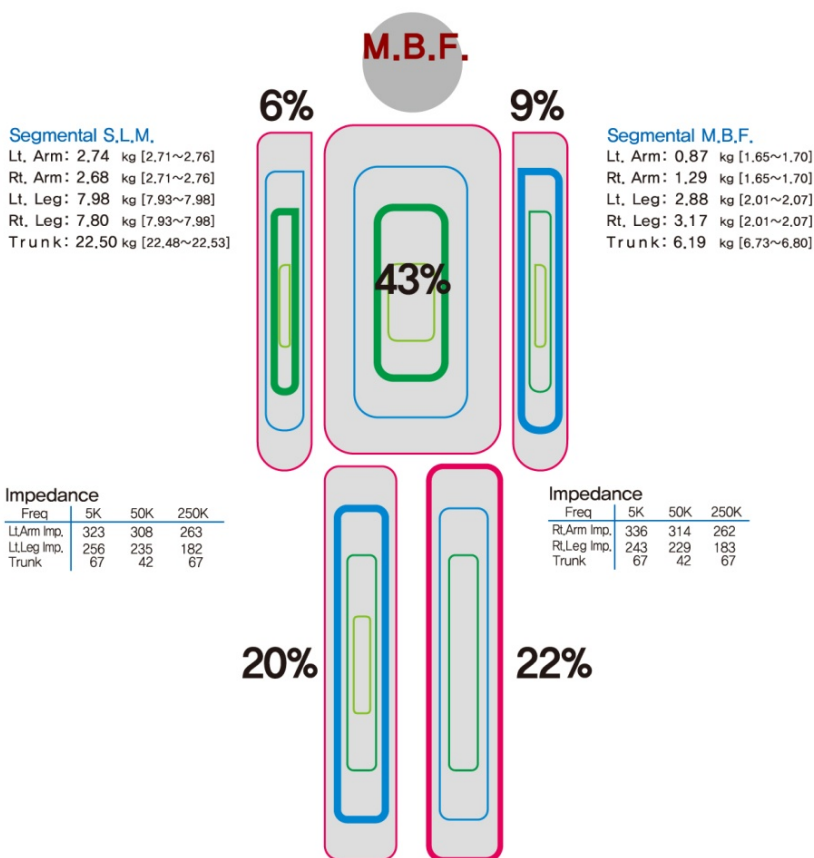
### Segmental Profile Fat/Lean

ID: JAWON MED 0002346512  
Date: 2014-04-20 16:25

Name: Diane  
Height: 173.0 cm Weight: 61.6 kg Age: 26 yrs Gender: Female

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**JAWON**  
MEDICAL  
www.jawon.com



# X CONTACT 356

## Results Report

ID: 000000001

Name: Diane

Date: 26-04-2013 16:25:11

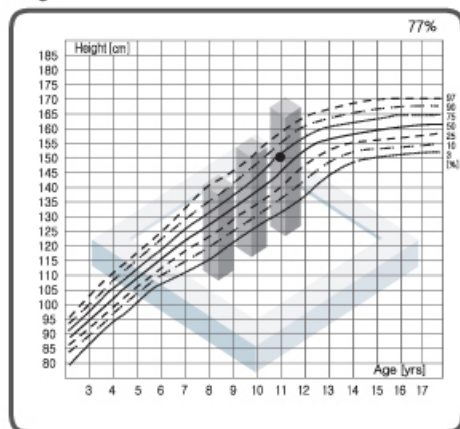
Height: 160,0 cm Weight: 54,0 kg Age: 11 yrs Gender: Female

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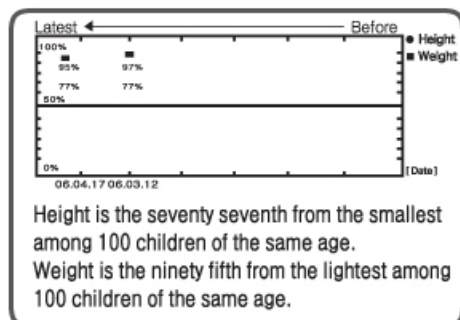
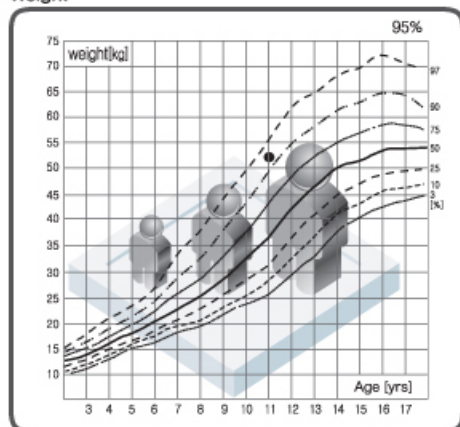
**JAWON**  
MEDICAL  
www.jawon.com

Where is my height and weight?

Height



Weight



Body Composition

| Weight   | kg | 54,0 [59,2~72,3] | Std. wt. | kg | 54,2             |
|----------|----|------------------|----------|----|------------------|
| L. B. M. | kg | 47,2 [46,1~52,6] | Body Fat | kg | 14,4 [13,2~19,7] |
| S. M. M. | kg | 20,4 [19,6~24,0] | S. F. M. | kg | 13,2 [12,0~14,0] |
| S. L. M. | kg | 43,7 [45,5~54,9] | Mineral  | kg | 3,5 [3,6 ~3,9]   |
| T. B. W. | kg | 34,0 [33,1~37,8] | Protein  | kg | 9,7 [9,2 ~10,5]  |
| I. C. W. | kg | 20,7 [20,4~22,3] | E. C. W. | kg | 13,3 [11,7~13,6] |

Body Status

|          | Under | Optimal | Over |       |
|----------|-------|---------|------|-------|
| Weight   | 70    | 80      | 90   | 100   |
| B. M. I. | 14,5  | 16,5    | 18,5 | 21,75 |
| P. B. F. | 10    | 15      | 20   | 25    |
| S. L. M. | 70    | 80      | 90   | 100   |
| S. M. M. | 70    | 80      | 90   | 100   |

Body Type: **Standard**

B.M.R.: 1306 kcal B.C.M.: 34,0 kg Fatness: -6,38%  
T.E.E.: 2011 kcal A.M.B.: 26 yrs W.H.R.: 0,73

Nutritional Assessment

|         | Under | Optimal | Well |          | Under | Optimal | Well |
|---------|-------|---------|------|----------|-------|---------|------|
| Mineral |       | ✓       |      | B. C. M. |       | ✓       |      |
| Protein |       | ✓       |      |          |       |         |      |

Body Composition Change

|          | Date      | Weight  | P. B. F. | S. L. M. |
|----------|-----------|---------|----------|----------|
| Previous | 2013,4,14 | 61,8 kg | 23,6 %   | 43,5 kg  |
| Present  | 2013,4,26 | 61,6 kg | 23,4 %   | 43,7 kg  |

Segmental S.L.M.

Lt. Arm: 2,74 kg [Optimal]  
Rt. Arm: 2,68 kg [Optimal]  
Lt. Leg: 7,98 kg [Optimal]  
Rt. Leg: 7,80 kg [Optimal]  
Trunk: 22,50 kg [Well]

Segmental M.B.F.

Lt. Arm: 1,68 kg [Optimal]  
Rt. Arm: 1,66 kg [Optimal]  
Lt. Leg: 2,02 kg [Optimal]  
Rt. Leg: 2,05 kg [Optimal]  
Trunk: 6,79 kg [Optimal]

Study

Impedance (320Ω)

| Freq   | 5K  | 50K | 250K |
|--------|-----|-----|------|
| RA.Imp | 336 | 314 | 262  |
| LA.Imp | 323 | 308 | 263  |
| Trunk  | 67  | 42  | 67   |
| RL.Imp | 243 | 229 | 183  |
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# X CONTACT 356

## Specifications

- ✓ Color Touch Screen Technology
- ✓ 550 lb. Large Platform Scale
- ✓ Wireless Bluetooth Communication
- ✓ QR Scanning/Phone App/Web
- ✓ Optional Ultrasonic Height Rod
- ✓ Store 100,000 Tests

## Body Composition Measurements

- Body Fat Percent
- Body Fat (lbs.)
- Soft Lean Body Mass
- Skeletal Muscle Mass
- Total Body Water
- Basal Metabolic Rate
- Total Energy Expenditure
- Segmental Lean and Fat Mass/%
- Intracellular/Extracellular Water
- Visceral Fat Level/Mass/Area
- Prediction of Abdominal Fat
- Subcutaneous Fat Mass

## Segmental Analysis

- Segmental total body water
- Segmental intra cellular water
- Segmental extra cellular water
- Segmental ratio of E.C.W./T.B.W.
- Segmental E.C.F./T.B.F
- Segmental soft lean mass
- Segmental mass of body fat and %
- Segmental impedance and reactance

