



BMI (Body Mass Index) - Measurement of your weight relative to your height and waist circumference, which measures your abdominal fat.

Body Fat- Measured by bioimpedance, which takes places when an electric impulse is sent through the body. It is a measure of the opposition to the flow of that electric impulse through your tissue.

Blood Oxygen Pulse Oximeter- Measures your blood oxygen level, great for anyone with asthma or COPD. Which is emphysema and chronic bronchitis, most COPD patients have both. Smokers will have a lower blood oxygen level around 89 or 90.

Glucose Meters- Can be downloaded by either a USB cable or infrared port.

Pedometers- Can be download by a USB cable