BODY**GRAM**® | 3.0
DASHBOARD

Customize your analysis with the Bodygram configurations

WEIGHT CONTROL

SPORT & ACTIVITY

AKERN
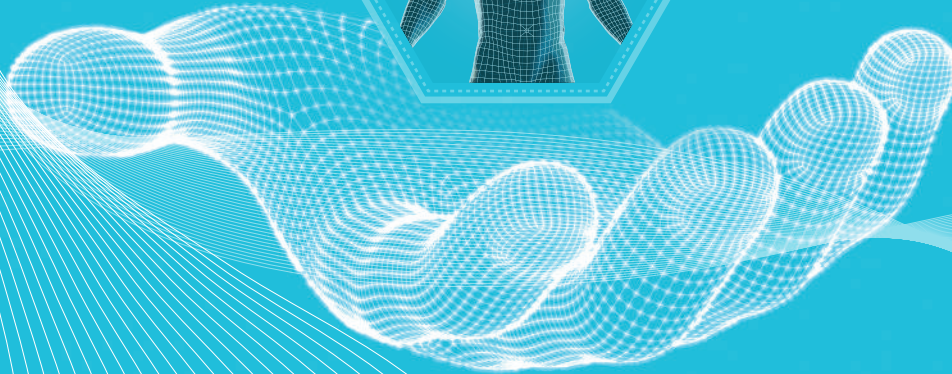
BODY**GRAM**® | 3.0
DASHBOARD

Innovation, accuracy, specificity: the scientific and technological progress make Bodygram® the benchmark for body composition assessments.

BODYGRAM® Dashboard 3.0 is the latest version of software for body composition data analysis and interpretation. Developed to provide accurate, reliable, and clinically relevant results, **BODYGRAM®** incorporates **AKERN®**'s *scientific progress* and *knowledge* in body composition.

1 CUSTOMIZED BIAVECTOR®

2 POPULATION–SPECIFIC EQUATIONS

3 REFERENCE VALUES FOR STUDY POPULATION

With **BODYGRAM® Dashboard 3.0** you can finally select the most suitable configuration for each subject measured, optimizing the analysis based on the subject's profile and objectives.

Reliable and clinically relevant results increasingly specific and clear

NEW USER REPORT:

- ✓ cover page customized with user's logo.
- ✓ easy–to–read for the subject.
- ✓ report can be emailed directly from the **BODYGRAM®** platform.

FLASH CARDS AND USER UPDATE GUIDE:

- ✓ for an intuitive and immediate use of the software.
- ✓ to make the best use of the platform.

BODY**GRAM**® DASHBOARD **3.0**:
choose the configuration for customised results

Each configuration represents **a harmonized set of equations, references and graphs** that consistently describe **the quantitative and qualitative changes in the body composition** of each subject.

WEIGHT CONTROL CONFIGURATION

Recommended for **adults (>16 years old)** aiming for:
- **weight loss**
- **weight gain**
- **body recomposition**

WEIGHT CONTROL BIAVECTOR® created on the bioelectrical data of over 4300 health adults in 2023.

SET OF EQUATIONS validated and updated to the current population and aligned to the scientific literature. The new equations of FFM, TBW, ECW, BCM, BMR allow more accurate estimations as they are referred to a healthy population.

REFERENCE VALUES updated and calculated on the current (2023) population of healthy adults.

SPORT & ACTIVITY CONFIGURATION

Recommended for **subjects practicing vigorous and intense sports activity** for at least 8–10 hours per week or with PAL>2. Generally, applies to elite or professional athletes.

SPORT & ACTIVITY BIAVECTOR® based on bioelectrical data calculated on athletes practicing different sports.

SET OF EQUATIONS validated and calculated for sportspeople. The new equations of FFM, TBW, ECW, LST (a–LST, l–LST), BMR allow more accurate estimations of the athlete.

REFERENCE VALUES calculated and validated on general sports populations.

Each configuration includes a colorimetric **representation of the reference values**, which allow to clearly visualize the statistical distribution of the reference population for each body composition parameter.

The Bodygram Standard configuration is also available. It is highly sensitive to even the smallest fluid variations and is recommended for assessing body composition in all situations not specifically covered by the other dedicated configurations.

Enhanced features

UNLIMITED ACCESS TO EXAMS ANYWHERE

BODYGRAM® is accessible from any type of device and compatible with the most popular OS: MacOS, iOS, Windows, Android on desktop, smartphone or tablet.

ONLINE AND OFFLINE WORKSPACES

BODYGRAM® offers two different workspaces: Online on a dedicated server platform and Offline with Desktop application (for Windows and MacOS).

AUTOMATIC DATABASE IMPORT

Migration to **BODYGRAM®** platform does not result in data loss. Your database will be imported automatically at you first log-in.

CE MEDICAL DEVICE

BODYGRAM® is CE marked Class I Medical Software.

PERIODICAL SCIENTIFIC UPDATE

BODYGRAM® is constantly up to date to guarantee a professional analysis tool always aligned with the clinical research progress.

GDPR COMPLIANCE

BODYGRAM® patient data management is in accordance with the GDPR (EU regulation 2016/679).

CUSTOMIZED REPORTS

BODYGRAM® includes a tool to create customized reports to address different patient management needs. User can choose elements to populate the report and better guide the patient along his path.

BACK-UP AND DATA STORAGE

BODYGRAM® includes an automatic Cloud based data back-up system and a data recovery function.

References:

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8. Campa, Francesco, et al. "*Methods over materials: the need for sport-specific equations to accurately predict fat mass using bioimpedance analysis or anthropometry.*" Nutrients 15.2 (2023): 278.

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A K E R N Science in body composition