impedimed®

SOZO® Digital Health Platform

Body Composition Analysis

Go beyond the scale to take charge of your health and fitness goals.

Comprehensive Body Composition Analysis

Understand the precise makeup of your body – and how this is changing over time – to maximize your performance and health.

A SOZO Test Provides:

› Fluid Analysis

- Total body water
- Extracellular fluid
- Intracellular fluid
- Hy-Dex® hydration analysis[1]

› Tissue Analysis

- Skeletal muscle mass
- Fat mass
- Fat-free mass
- Protein and minerals

› Metabolic Report

- Basal metabolic rate
- Phase angle
- Body mass index
- Weight

Actionable Results

› Know your body composition
› Set healthy targets
› Track your success

30 Second Test[2]

How SOZO Works

Simply stand on the device with bare hands and feet. The test takes less than 30 seconds. It is non-invasive and you won't feel a thing. Results are provided immediately. A licensed healthcare provider will take your SOZO measurement, walk you through the results, and make recommendations for any changes in treatment or training to help you achieve your health and fitness goals.

1. Hy-Dex® Hydration Analysis is only intended for use with healthy individuals
2. As tested on Android

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