

BodyGem® and MedGem® Measurement Protocol Checklist

The BodyGem and MedGem take a snapshot of your clients RMR in 5-10 minutes, so it's important that your client is in a baseline, rested state. Morning appointments tend to work best.

RMR Test Conditions - In order to obtain an accurate RMR measurement, clients must not have:

- Eaten for at least 4 hours (water is OK)
- Exercised for at least 4 hours.
- Consumed caffeine for at least 4 hours.
- Consumed supplements containing ephedra, Ma Huang, or pseudoephedrine for 4 hours.
- Used any form of nicotine for at least 1 hour.

Inform clients of the RMR Test conditions when scheduling appointments. You may wish to include the information on an appt. reminder card or when making confirmation phone calls the day before.

RMR Test Time - Allow 30 minutes for each RMR measurement appointment.

This allows them to sit for 10 minutes to allow their body to get to a resting point, 5-10 minutes for the RMR measurement, and 10-15 minutes to explain the results to your client.

Test Environment

- A private office is ideal to minimize outside distractions.
- Completing their Analyzer information first allows their body settle down to a rested state.
- They should be in a relaxed position and breathe normally throughout the measurement.
- Avoid distractions such as watching television or reading.
- Have them keep both feet on the floor and refrain from fidgeting during the measurement.
- Watching over them during the test can make them anxious, so leave them alone in the room.

Administering The Test

- Insert the single-use mouthpiece into flowtube.
- Plug the AC adaptor in the device. A computer data cable is not needed or recommended.
- Place the device upright on a flat surface, away from vents, fans, or forced air.
- **Press the start button to begin self-calibration** – do not move the device.
- Begin the measurement within one minute from when it beeps and light turns green.
- Be sure your client has the nose clip on and maintains a tight seal around the mouthpiece.
- Be sure your client doesn't block the vent on the bottom of the device while holding it.

The test is complete when the device beeps. (It takes 5-10 minutes, with a maximum of 10 minutes.)

- Remove the nose clip and discard the single-use mouthpiece.
- **Do not remove or discard the flowtube, where the filters connect to the device.**
- Record the RMR measurement displayed on the LCD screen in the Analyzer software.

For assistance, call David Wilcoxson @ 720-431-1461 or Customer Support @ 1-800-968-1378
www.metabolicratetest.com