

seca mBCA 515 Application Notes

For precise and error-free measurement with the seca mBCA 515, there are a number of things to consider, which are described below:

1. Measurement protocol

- a. **Weight and size determination:** In addition to the BIA measurement, the accuracy of the measurement results depends on the parameters of weight and size. Especially in the case of follow-up measurements, care should be taken to ensure that the weight is always recorded under the same influences. It is best to take the measurement before a meal or a few hours after a meal. Immediately before the weigh-in, no large amounts of liquid should be taken and the bladder should be emptied. The size should always be the same for adults. To do this, the value can be taken from the internal memory.
- b. **Physical activity** Measurements immediately after intense sports activities increase the core body temperature, which can have an influence on the resistance in the body and thus the calculated values. The person to be measured should therefore be measured into a rested state before sporting activity.

2. During the measurement

During the measurement, the person to be measured should not move or tense the body. Failure to follow these points can lead to implausible readings.