

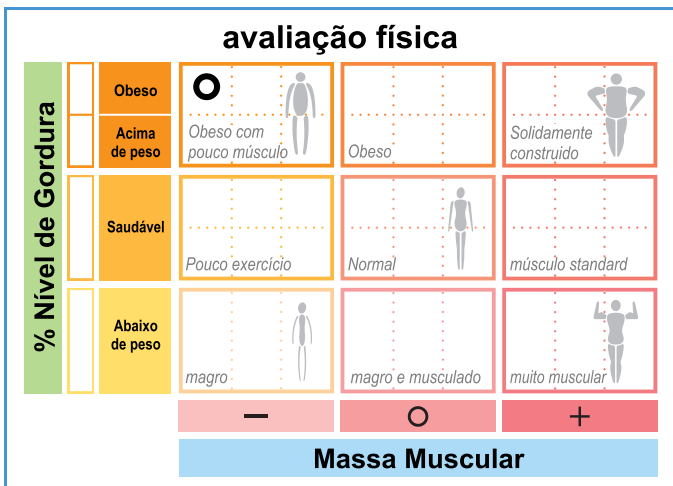


Data: 11/12/2025 09:50 | Peso das Roupas: kg | ID: exemplo pacie»

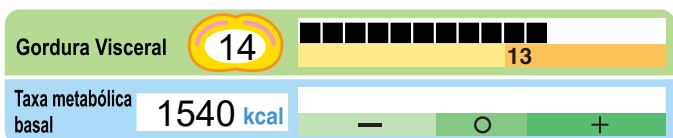
Idade: 48 | Altura: 160 cm | Sexo: Feminino Masculino | Tipo Corporal: Normal Atlético

Corpo inteiro

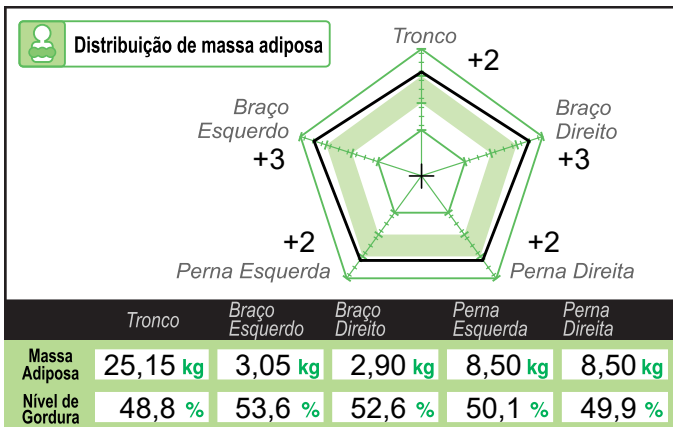
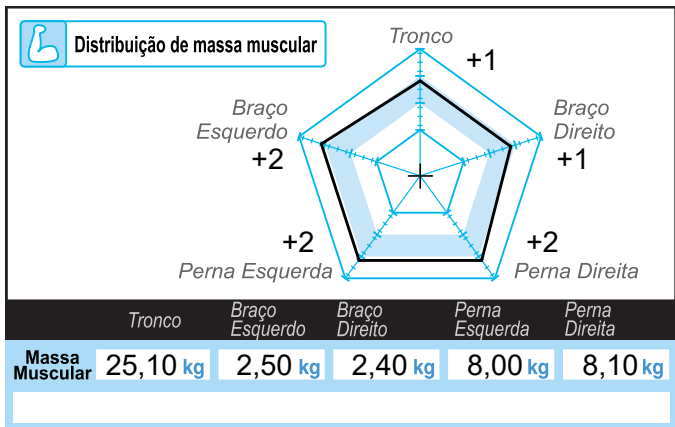
BC-601	Resultado	Normal
Peso	96,7 kg	56,3-69,1 kg
Nível de Gordura	49,7 %	23,0-34,0 %
Massa Adiposa	48,1 kg	22,2-32,9 kg
Massa Não Adiposa	48,6 kg	62,5-73,1 kg
Massa Muscular	46,1 kg	60,0-70,6 kg
Total de Água Corporal	37,6 %	45,0-60,0 %
IMC	37,8	22,0-27,0
Massa Óssea	2,5 kg	



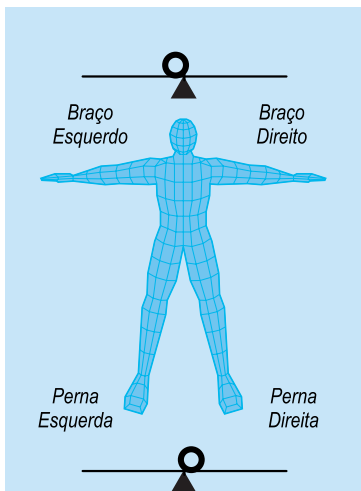
Água Corporal (TBW)	ECW	ICW
36,4 kg	# kg	# kg
ECW/TBW	# %	



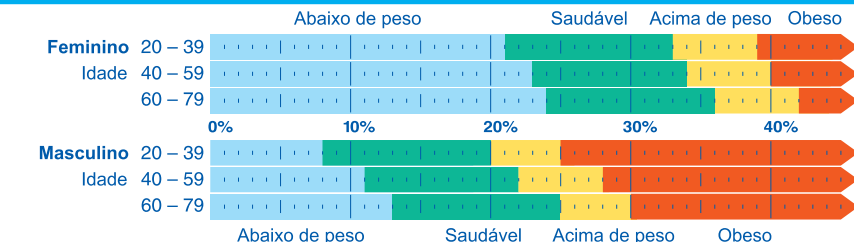
Análise Segmentar



Equilíbrio de massa muscular



Escala gordura corporal em adultos standard^{1,2}



¹ Based on NIH/WHO BMI Guidelines. ² Gallagher, et al, Am J Clin Nut 2000; 72:694-701. To determine the percentage of body fat that is appropriate for your body, consult your physician.

Reactância Resistência Ângulo de fase

	5kHz	50kHz	250kHz	500kHz
H-L	#	#	#	#
RL	#	#	#	#
LL	#	#	#	#
RH	#	#	#	#
LH	#	#	#	#
L-L	#	#	#	#

Estes valores não estão disponíveis para este tipo de escala

MC-780

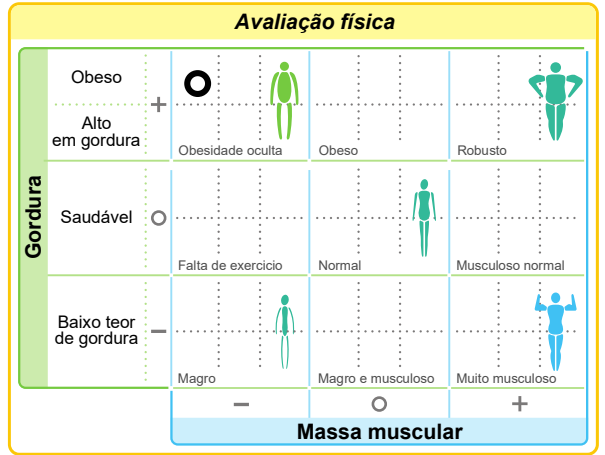
Data
11/12/2025 09:50
ID / Nome
exemplo paciente Exemplo Paciente

Idade	48	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Atlético
Altura	160,0 cm	<input type="checkbox"/> Masculino	<input checked="" type="checkbox"/> Feminino
Peso do vestuário (PT)	kg		

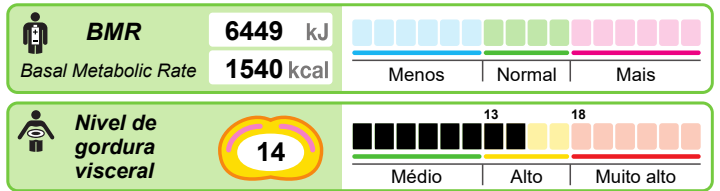
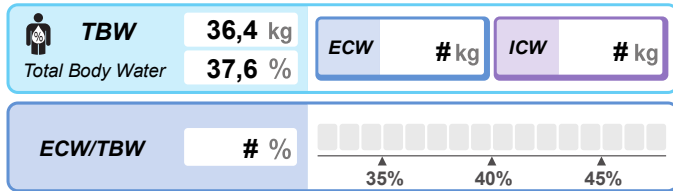
□ Pormenores

BC-601	Resultado	Ideal	Alvo	Diff
Peso	96,7 kg	56,3-69,1		
Gordura	49,7 %	23,0-34,0		
Massa adiposa	48,1 kg	22,2-32,9		
Massa não adiposa	48,6 kg	62,5-73,1		
Massa muscular	46,1 kg	60,0-70,6		
Massa óssea	2,5 kg			
IMC	37,8	22,0-27,0		
SMM	27,5 kg			
Idade Metabólica	90			

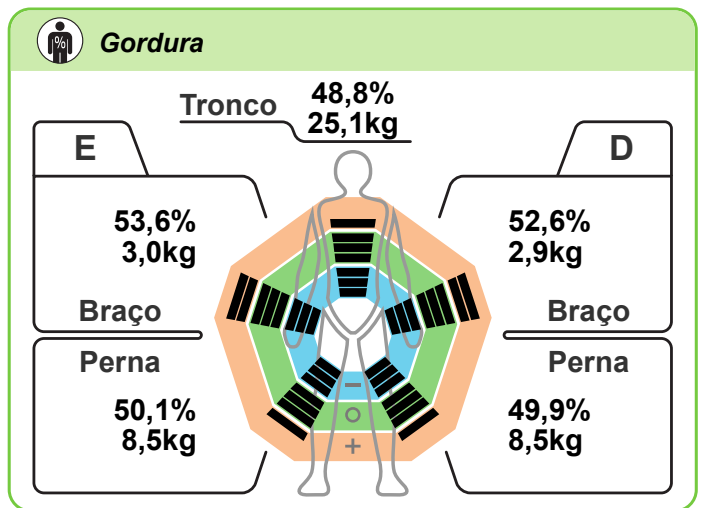
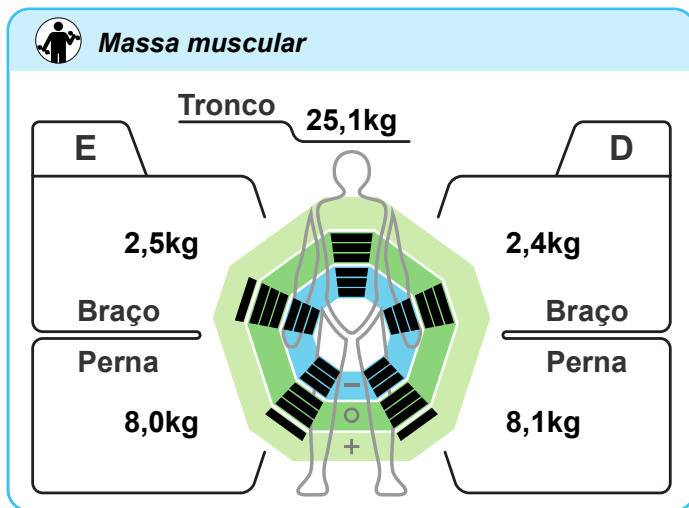
Detailed Explanation on www.mc780.gmon.eu



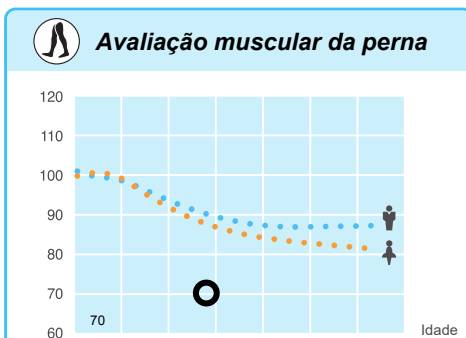
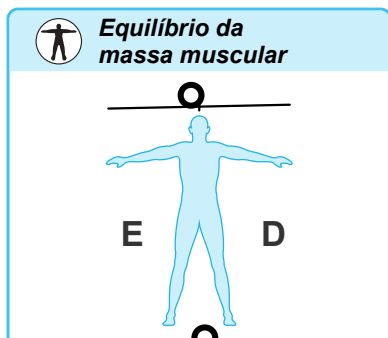
□ TBW - ECW (Água Extracelular) - ICW (Água Intracelular) - BMR - VFR



□ Análise segmental



□ Equilíbrio



BIA Information

	5kHz	50kHz	250kHz	Phase Angle
H-L	#	#	#	#
RL	#	#	#	#
LL	#	#	#	#
RH	#	#	#	#
LH	#	#	#	#
L-L	#	#	#	#

GMON - MONITOR DE SAÚDE

INDICAR riscos à saúde - AVALIAR profissionalmente - REAGIR preventivamente

Verificação de prevenção

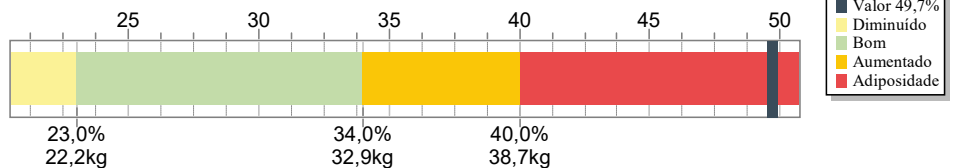
Exemplo Paciente
(Feminino 48 Anos)

Medidas em 11/12/2025 às 09:50
(Tipo de balança: BC-601)

Data: 11/12/2025

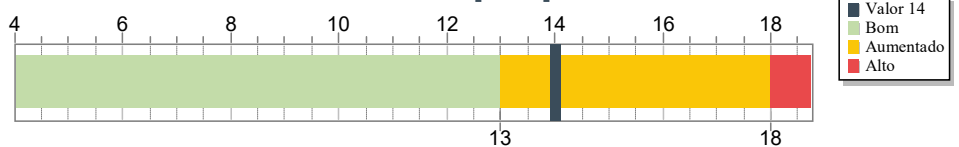
Gordura corporal:
49,7 %
=48,1 kg

Análise de gordura corporal [%]



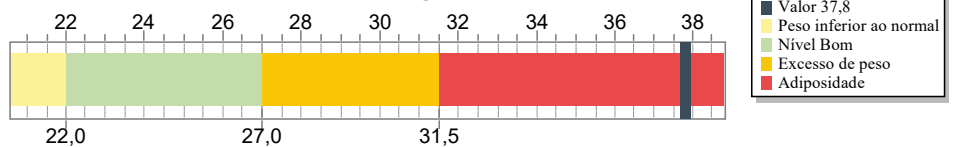
Gordura visceral: 14 Level

Gordura visceral [Level]



Altura: 160 cm
Peso: 96,7 kg
IMC: 37,8 kg/m²

Análise IMC [kg/m²]



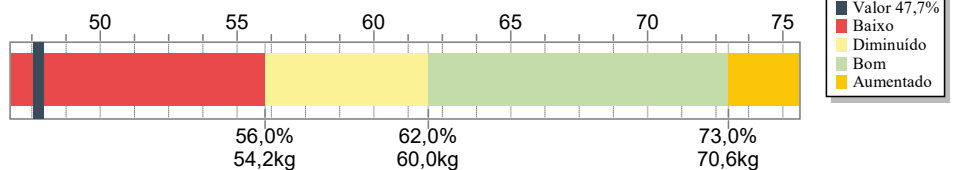
Massa Não Adiposa:
48,6 kg

Massa Muscular:
46,1 kg
=47,7 %

Skeletal Muscle Mass:
27,5 kg
=28,4 %

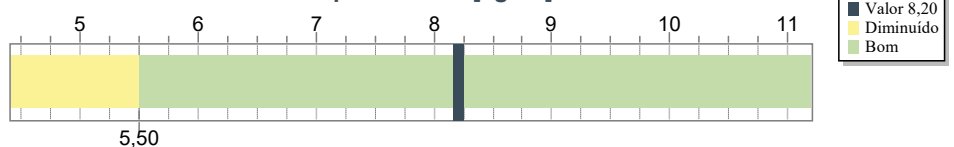
Massa Óssea: 2,5 kg

Análise de Massa Muscular [%]



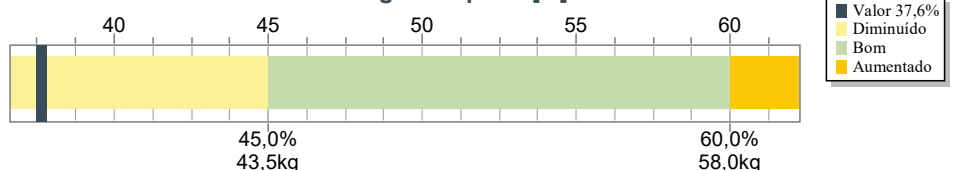
Sarcopenic Index:
8,20 kg/m²

Sarcopenic Index [kg/m²]



Água corporal: 37,6 %
=36,4 kg

Análise da água corporal [%]



GMON - MONITOR DE SAÚDE

INDICAR riscos à saúde - AVALIAR profissionalmente - REAGIR preventivamente

Análise de composição corporal BC-601

Exemplo Paciente
(Feminino 48 Anos)

Medidas em 11/12/2025 às 09:50

Modo: NORMAL

Massa Adiposa: 48,1 kg
=49,7 %

Massa Não Adiposa: 48,6 kg

Gordura visceral: 14 level

Idade Metabólica: 90 Anos

Altura: 160 cm

Peso: 96,7 kg

IMC: 37,8 kg/m²

Taxa metabólica basal: 6449 kJ
=1540 kcal

Ingestão calórica diária:
10061 kJ
=2403 kcal

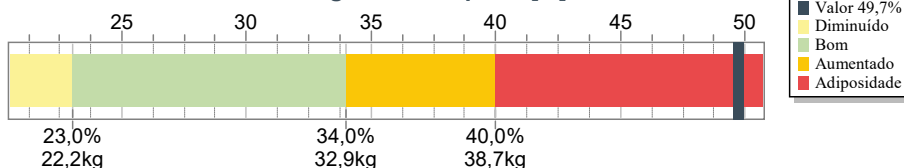
Massa Muscular: 46,1 kg

Skeletal Muscle Mass: 27,5 kg
=28,4 %

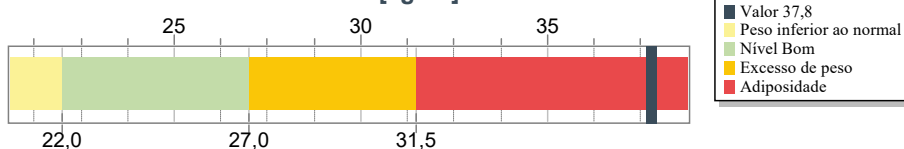
Massa Óssea: 2,5 kg

Água corporal: 36,4 kg
=37,6 %

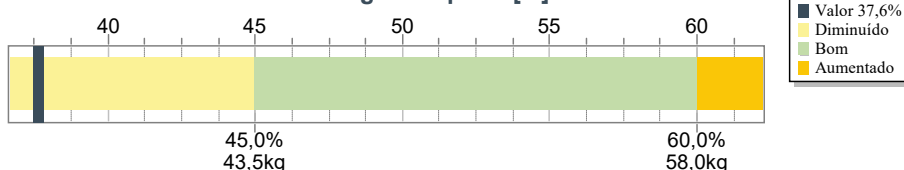
Análise de gordura corporal [%]



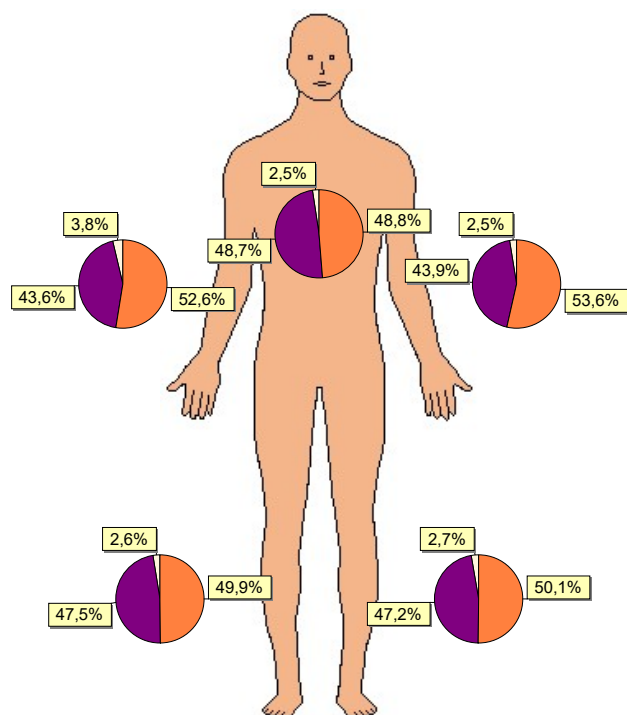
Análise IMC [kg/m²]



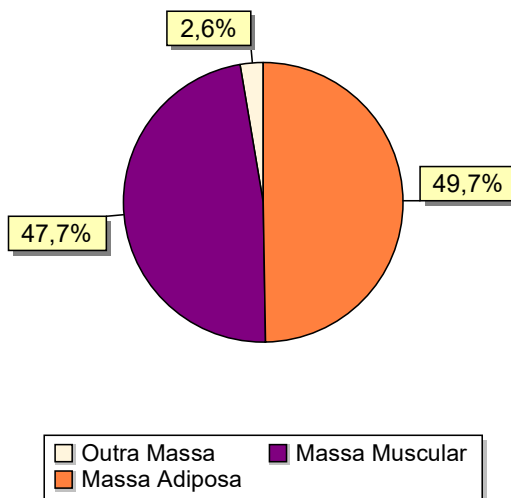
Análise da água corporal [%]



Distribuição de segmento	Tronco	Braço Direito	Braço Esquerdo	Perna Direita	Perna Esquerda	Total
Massa Adiposa	25,1kg	2,9kg	3,0kg	8,5kg	8,5kg	48,1kg
Massa Muscular	25,1kg	2,4kg	2,5kg	8,1kg	8,0kg	46,1kg
Outra Massa	1,3kg	0,2kg	0,2kg	0,4kg	0,4kg	2,5kg



Distribuição de massa corporal



GMON - MONITOR DE SAÚDE

INDICAR riscos à saúde - AVALIAR profissionalmente - REAGIR preventivamente

Análise de composição corporal BC-601

Exemplo Paciente
(Feminino 48 Anos)

Medidas em 11/12/2025 às 09:50

Modo: NORMAL

Massa Adiposa: 48,1 kg
=49,7 %

Massa Não Adiposa: 48,6 kg

Gordura visceral: 14 level

Idade Metabólica: 90 Anos

Altura: 160 cm

Peso: 96,7 kg

IMC: 37,8 kg/m²

Taxa metabólica basal: 6449 kJ
=1540 kcal

Ingestão calórica diária:
10061 kJ
=2403 kcal

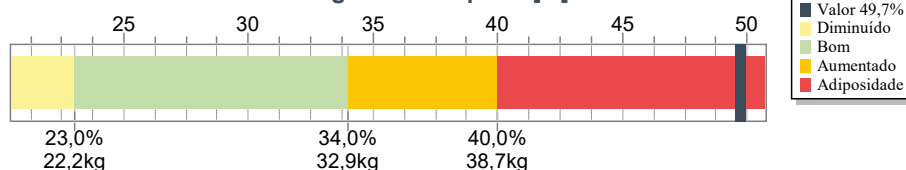
Massa Muscular: 46,1 kg

Skeletal Muscle Mass: 27,5 kg
=28,4 %

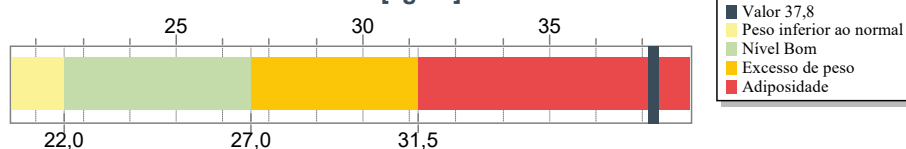
Massa Óssea: 2,5 kg

Água corporal: 36,4 kg
=37,6 %

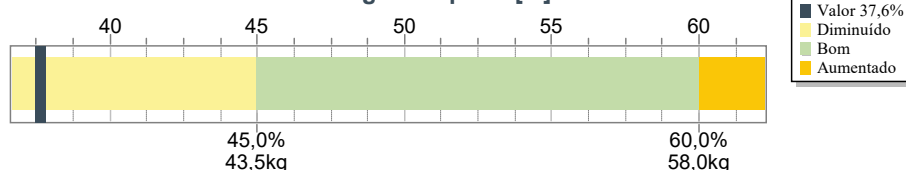
Análise de gordura corporal [%]



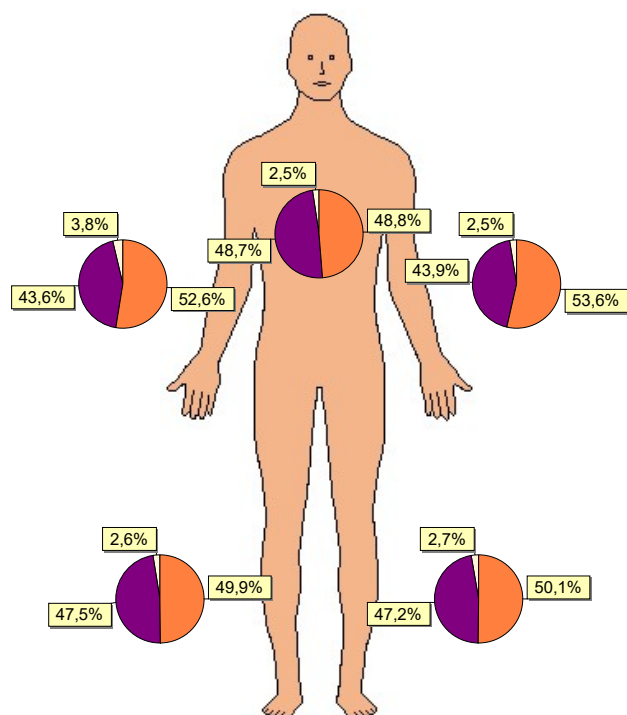
Análise IMC [kg/m²]



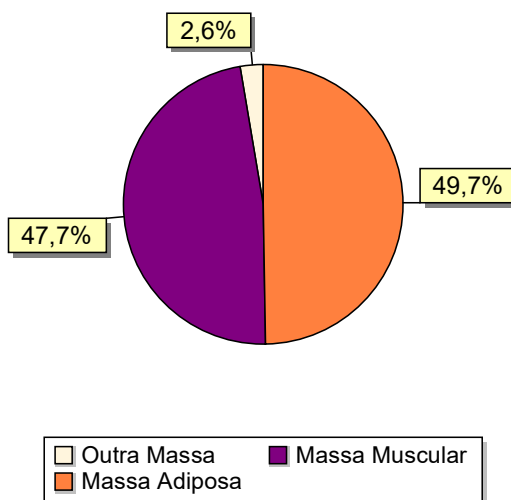
Análise da água corporal [%]



Distribuição de segmento	Tronco	Braço Direito	Braço Esquerdo	Perna Direita	Perna Esquerda	Total
Massa Adiposa	25,1kg	2,9kg	3,0kg	8,5kg	8,5kg	48,1kg
Massa Muscular	25,1kg	2,4kg	2,5kg	8,1kg	8,0kg	46,1kg
Outra Massa	1,3kg	0,2kg	0,2kg	0,4kg	0,4kg	2,5kg

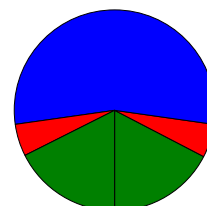
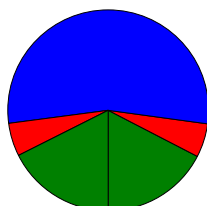
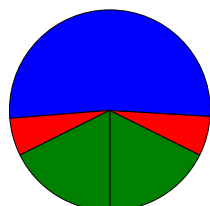


Distribuição de massa corporal



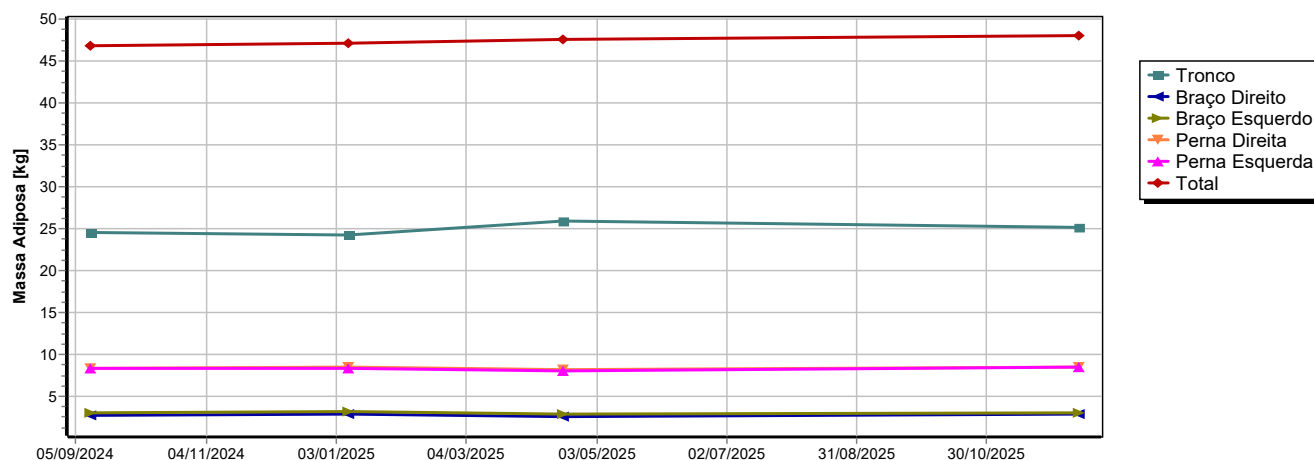
Distribuição de segmento simétrica

	Gordura	Massa Não Adiposa	massa muscular prevista
Total:	49,7% (48,1kg)	50,3% (48,6kg)	47,7% (46,1kg)
Tronco:	48,8% (25,1kg)	51,2% (26,4kg)	48,7% (25,1kg)
Braço Direito:	52,6% (2,9kg)	47,4% (2,6kg)	43,6% (2,4kg)
Braço Esquerdo:	53,6% (3,0kg)	46,4% (2,7kg)	43,9% (2,5kg)
Perna Direita:	49,9% (8,5kg)	50,1% (8,6kg)	47,5% (8,1kg)
Perna Esquerda:	50,1% (8,5kg)	49,9% (8,4kg)	47,2% (8,0kg)



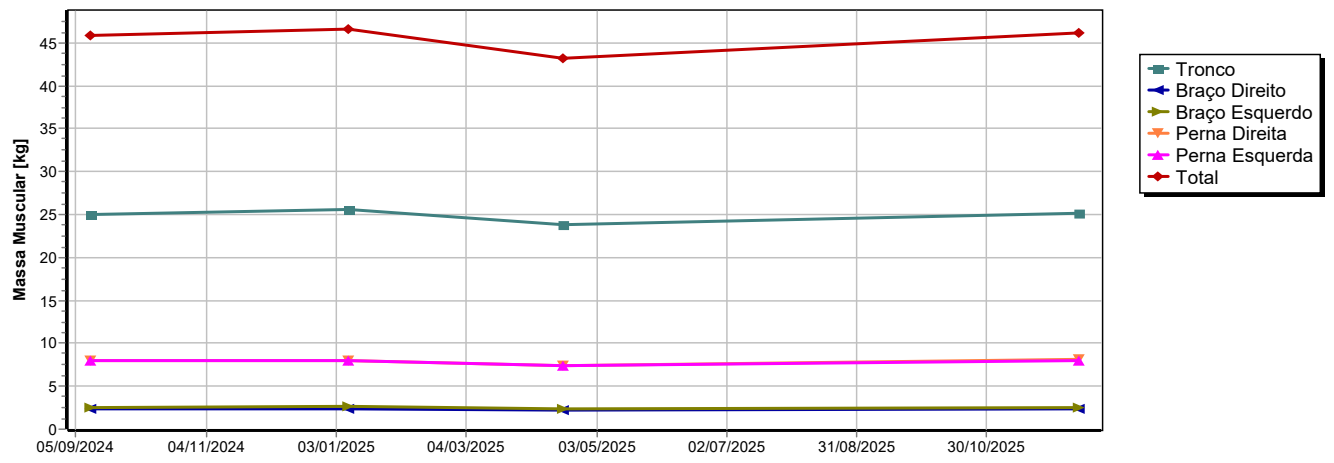
Progresso da Massa Adiposa

Data	Tronco	Braço Direito	Braço Esquerdo	Perna Direita	Perna Esquerda	Total
11/09/2024	24,5kg	2,7kg	3,0kg	8,3kg	8,3kg	46,9kg
08/01/2025	24,3kg	2,8kg	3,2kg	8,5kg	8,4kg	47,2kg
17/04/2025	25,9kg	2,6kg	2,9kg	8,1kg	8,1kg	47,6kg
11/12/2025	25,1kg	2,9kg	3,0kg	8,5kg	8,5kg	48,1kg



Progresso da Massa Muscular

Data	Tronco	Braço Direito	Braço Esquerdo	Perna Direita	Perna Esquerda	Total
11/09/2024	25,0kg	2,3kg	2,5kg	8,0kg	8,0kg	45,8kg
08/01/2025	25,6kg	2,4kg	2,6kg	8,0kg	8,0kg	46,6kg
17/04/2025	23,8kg	2,2kg	2,4kg	7,4kg	7,4kg	43,2kg
11/12/2025	25,1kg	2,4kg	2,5kg	8,1kg	8,0kg	46,1kg



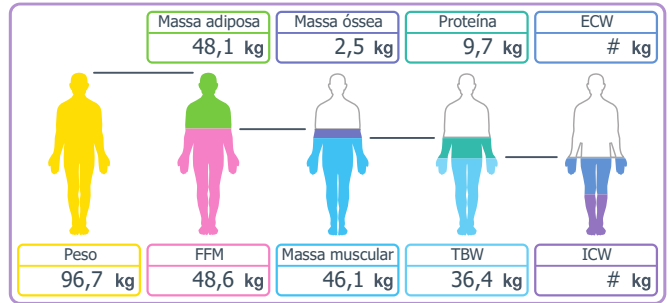
Data 11/12/2025 09:50

ID	exemplo paciente		
Nome	Exemplo Paciente	Altura	160,0
Idade	48	Feminino	Tipo Normal PT

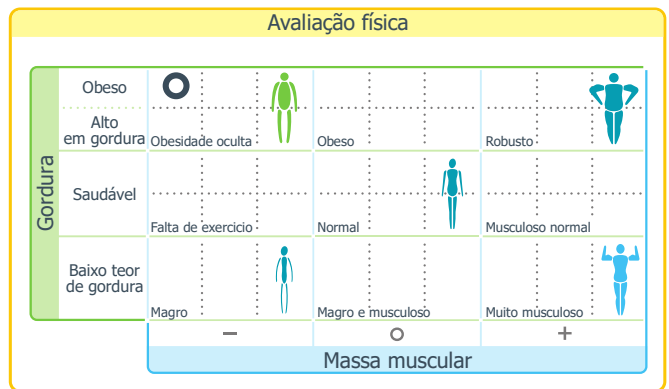
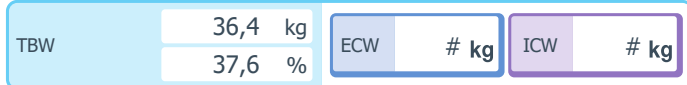
Sarcopenic Index (SMI): 8,20 kg/m² /
Skeletal Muscle Mass (SMM): 27,5 kg (28,4%)

■ Pormenores

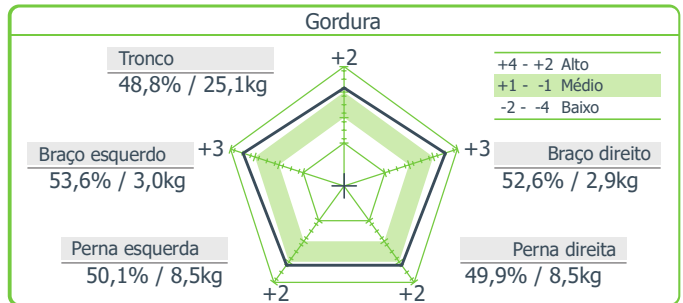
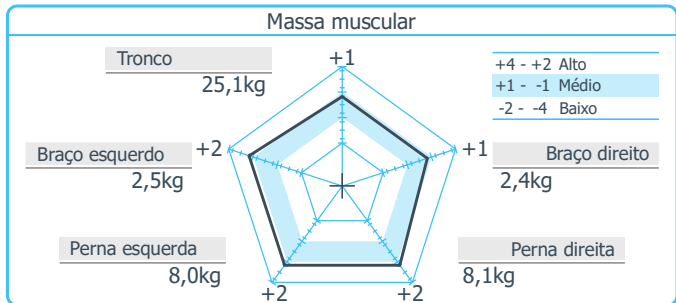
BC-601	Resultado	Ideal	Alvo	
Peso	96,7 kg	56,3-69,1 kg	kg	kg
Gordura	49,7 %	23,0-34,0 %	%	%
Massa adiposa	48,1 kg	22,2-32,9 kg	kg	kg
FFM	48,6 kg	62,5-73,1		
Massa muscular	46,1 kg	60,0-70,6		
IMC	37,8	22,0-27,0		
Idade Metabólica	90,0			



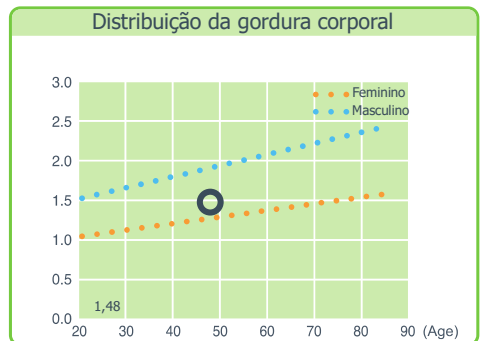
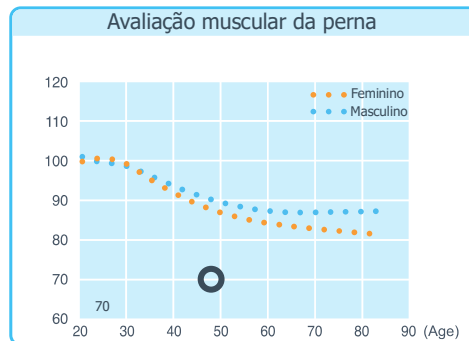
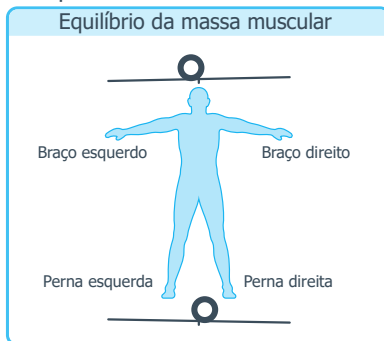
■ BMR VFR TBW



■ Análise segmental

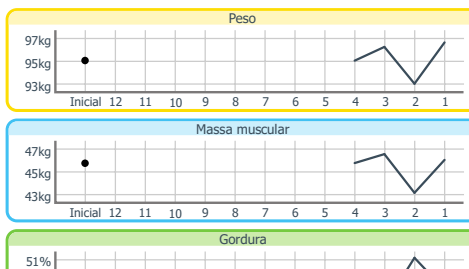


■ Equilíbrio



■ Historial de resultados

	Peso	Massa muscular	Gordura
Actual	96,7	46,1	49,7
17/04/2025	93,1	43,2	51,1
08/01/2025	96,3	46,6	49,0
11/09/2024	95,1	45,8	49,3



Reactance Resistance

	1kHz	5kHz	50kHz	250kHz	500kHz	1MHz	Phase Angle
H-L	#	#	#	#	#	#	#
RL	#	#	#	#	#	#	#
LL	#	#	#	#	#	#	#
RH	#	#	#	#	#	#	#
LH	#	#	#	#	#	#	#
L-L	#	#	#	#	#	#	#

Estes valores não estão disponíveis para este tipo de escala.

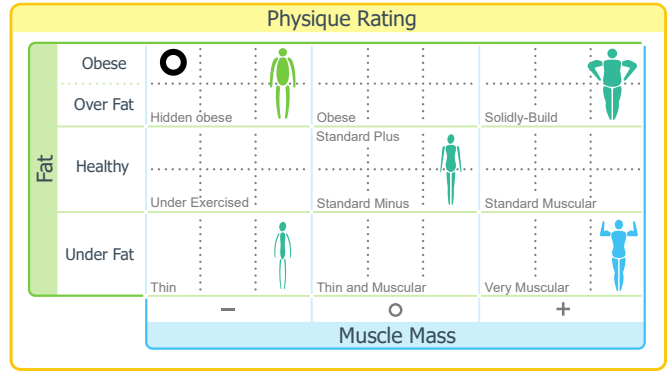
Date 11/12/2025 09:50

ID	exemplo paciente			
Name	Exemplo Paciente	Height	160	
Age	48	female	Type	Normal
			PT	

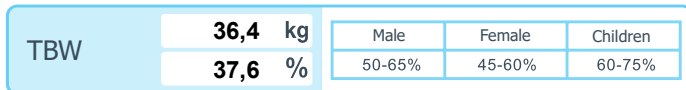
Skeletal Muscle Mass (SMM): 27,5 kg (28,4%)

Details

BC-601	Result	Desirable	Target	Diff
Weight	96,7 kg	56,3-69,1 kg	kg	kg
Fat	49,7 %	23,0-34,0 %	%	%
Fat Mass	48,1 kg	22,2-32,9 kg	kg	kg
FFM	48,6 kg	62,5-73,1		
Muscle Mass	46,1 kg	60,0-70,6		
BMI	37,8	22,0-27,0		
SMM	27,5 kg			
Bone Mass	2,5 kg			
Metabolic Age	90			



BMR / TBW / Protein / Visceral Fat Rating

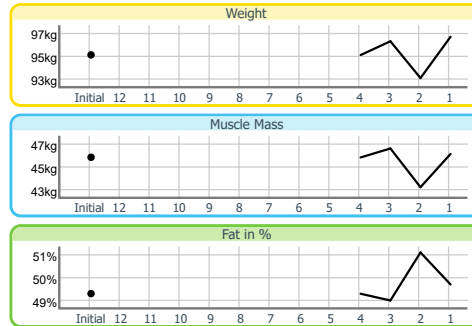


Visceral Fat Rating 10: Fat area approximately 100cm²

	Standard	High	Very High
Rating	Below 12	13 ~ 17	Above 18
Judgement	Continue monitoring your rating within healthy range through appropriate exercise and balanced diet.	Consider changing diet and/or increasing exercise to reduce the fat to standard level.	Should engage in more intensive exercise and make changes to current diet. Consult your physician for medical diagnosis.

History

	Weight	Muscle Mass	Fat in %
Current	96,7	46,1	49,7
17/04/2025	93,1	43,2	51,1
08/01/2025	96,3	46,6	49,0
11/09/2024	95,1	45,8	49,3
Initial	95,1	45,8	49,3



BIA Information

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Body Fat Ranges for Standard Adults

¹Based on NIH/WHO BMI Guidelines. ²Gallagher, et al, Am J Clin Nut 2000; 72:694-701.
To determine the percentage of body fat that is appropriate for your body, consult your physician.

Recommendations

Remarks

Please note that people with an electronic medical implant, such as a pacemaker, should not use a Body Composition Monitor as it passes a low-level electrical signal throughout the body, which may interfere with its operation. Readings are for reference only for dialysis patients and menstruating female.

GMON - MONITOR DE SAÚDE

INDICAR riscos à saúde - AVALIAR profissionalmente - REAGIR preventivamente

Exemplo Paciente

(Feminino 48 Anos)

Data: 11/12/2025

Gordura corporal: 49,7 %
=48,1 kg

Gordura visceral: 14 Level

Taxa metabólica basal:
6449 kJ
=1540 kcal

Ingestão calórica diária:
10061 kJ
=2403 kcal

Idade Metabólica: 90 Anos

Peso: 96,7 kg

Altura: 160 cm

IMC: 37,8 kg/m²

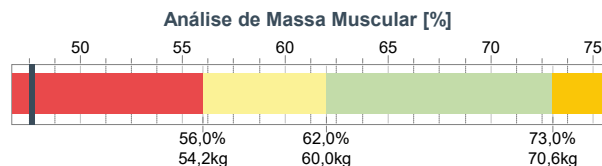
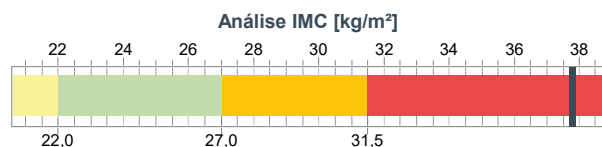
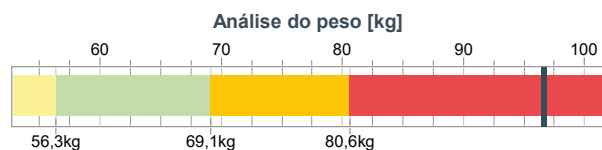
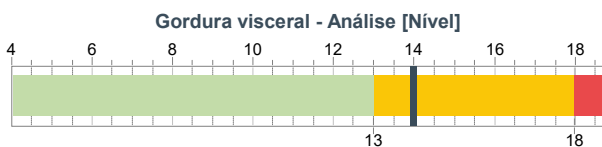
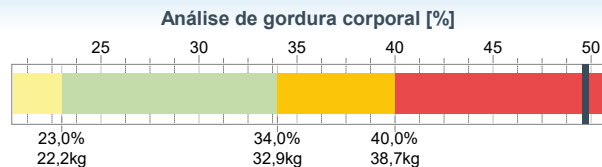
Massa Não Adiposa:
48,6 kg

Massa Muscular:
46,1 kg
=47,7 %

Skeletal Muscle Mass:
27,5 kg
=28,4 %

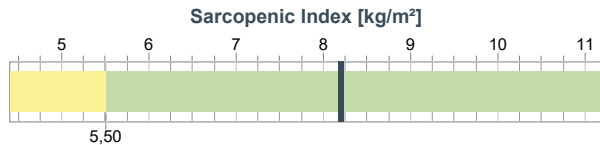
Massa Óssea: 2,5 kg

Verificação actual

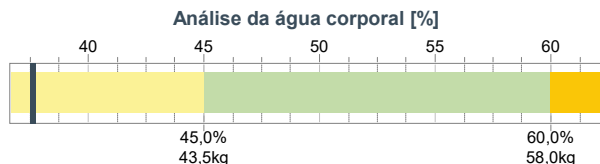


Progress Analysis from 12/09/2025 to 11/12/2025

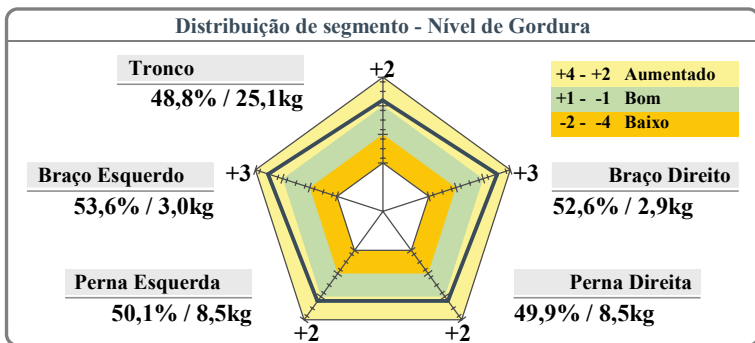
Sarcopenic Index: 8,20 kg/m²



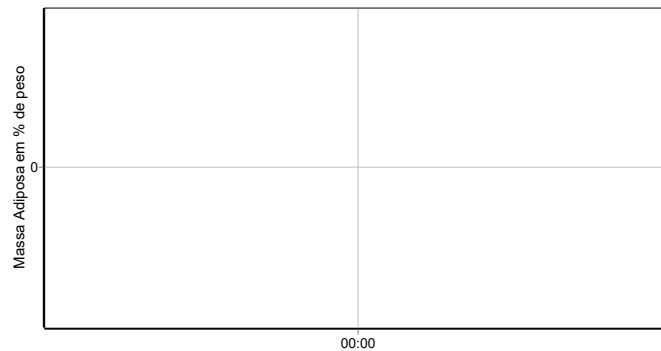
Água corporal: 37,6 %
=36,4 kg



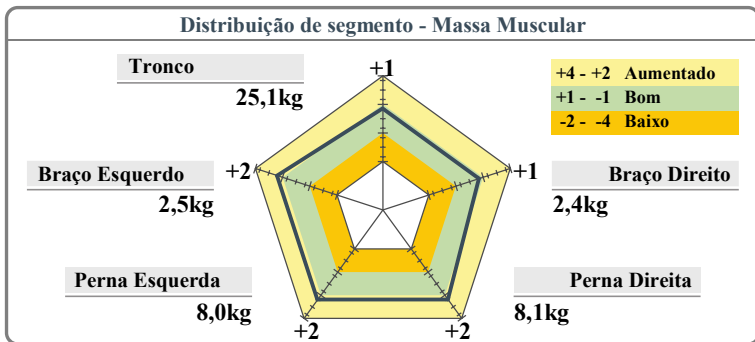
Distribuição de segmento
Nível de Gordura
11/12/2025



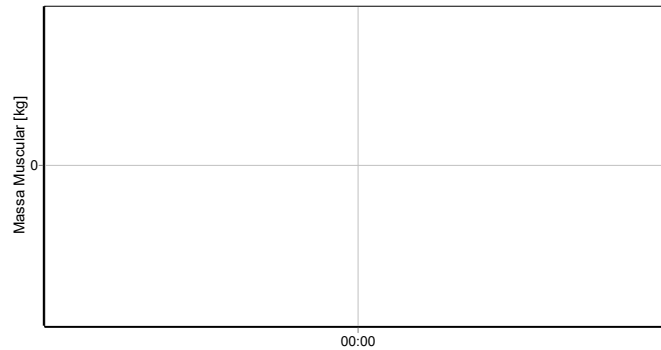
- Tronco
- Perna Direita
- Perna Esquerda
- Braço Direito
- Braço Esquerdo



Distribuição de segmento
Massa Muscular
11/12/2025



- Tronco
- Perna Direita
- Perna Esquerda
- Braço Direito
- Braço Esquerdo



Legenda: Baixo (Red), Diminuído (Yellow), Bom (Green), Aumentado (Orange), Alto (Red)

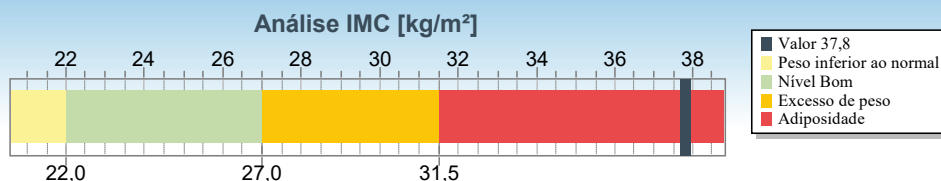
Improved (Green traffic light), Unchanged (Yellow traffic light), Degraded (Red traffic light)

GMON - MONITOR DE SAÚDE

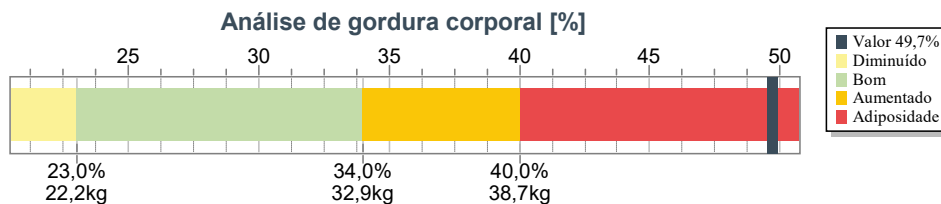
INDICAR riscos à saúde - AVALIAR profissionalmente - REAGIR preventivamente

Exemplo Paciente (Feminino 48 Anos)

Data: 11/12/2025
Altura: 160 cm
Peso: 96,7 kg
IMC: 37,8 kg/m²



Data: 11/12/2025
Gordura corporal:
49,7 %
=48,1 kg



Analysis: You are in the 'red' zone. Your body fat value indicates a clear risk to health! If previous 'covert' attempts to lose weight have been unsuccessful, professional advice is required. You can become accustomed to the difficulties that excess weight brings, however common accompanying and secondary diseases can lead to a virtually irretrievable loss of quality of life.

Tip: Success is possible with a sensible diet, physical exercise and changed behaviour under professional guidance. Consistency and single-mindedness, even if these sometimes entail significant effort, can often avoid the need for treatment with medication. Take advice from your GP.