

HealthStation™ Video Scale

Interactive Computerized Scale



The HealthStation is an interactive computerized scale which provides complete weight and calorie analysis based on proven national insurance standards.¹ Other software options include: an accurate estimate of percent body fat using Department of Defense's statistical formulas;² a health risk appraisal; a calculation of training heart rate; and a stress level quiz.

The HealthStation's easy-to-use, three button data entry provides an entertaining format for the promotion of personal wellness. The attractive and compact design requires only 2.2 square feet of floor space and is engineered for durability to ensure accurate repeatable results. It's fun and it's a health measurement device that appeals to everyone.

1. National insurance standards are based on the Metropolitan Life Insurance's Weight Tables of 1985.

2. P.I. Fitzgerald et al. "The Body Composition Project: A Summary Report and Descriptive Data Report" #T 5/87 U.S. Army Research Institute of Environmental Medicine, Natick, Massachusetts.

Publicinc.
Computerized Public Services

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Programmable messages: Our exclusive Dynatext™ feature allows customized messages targeted specifically to you employees. Ideal for promoting special events and employee assistance programs.



Clinically accurate: The weigh mechanism is identical to that used in hospital products with durable features added to meet the demands of frequent use. Employee is provided with his actual and ideal weight and estimated time required for weight change based on caloric intake.



Full color graphics provide easy to follow instructions. Personal data is entered through use of simple push buttons.

Specifications

Color Monitor:	9 Inch
Acrylic face:	Steel Front and Back
Self Calibrating Power:	115v/60Hz
Capacity:	400 lb rated
Accuracy:	±.2%
Temperature:	50°-90°F
Humidity:	95% Relative
Dimensions:	25" x 13 1/2" base
Height:	42" (54" with top sign)
Weight:	104 pounds

Programs

1. Weight and Calorie Analysis

Analyzes actual weight in terms of pounds, calories and days required to reach "ideal weight" estimated at 16% body fat for males and 25% for females.

2. Percent Body Fat Estimate

An algorithm which adds female hip and male waist measurements to sex, height and frame inputs providing percent body fat estimates. Anthropometric formulas are used to correlate statistically with a control group's hydrostatic fat figures.

3. Health Score

A health risk appraisal in the areas of smoking, alcohol, diet, fitness, stress and safety is offered as a general indicator of the health risks of one's lifestyle. A score is calculated from the yes/no responses of this shortened version of the U.S. Public Health Department's Health Style™ program.

4. Heart Rate

An interactive program that uses age and sex data to calculate maximum heart rate from which the training heart rate is estimated. The training heart rate is necessary to achieve the "aerobic effect" essential for good conditioning.

5. Stress Score

A popular assessment of the stress value of one's life events based on yes/no responses to 23 questions adapted from the AMA's *Family Medical Guide*.

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