

# Self-check with mescan



mescan is the entry into a new dimension - the entry into the world of smart optimization of training, nutrition and regeneration. In just 45 seconds, the mescan measures heart rate variability, stress level, body composition and metabolism. Simply everything. This 360-degree view of body data ensures that training really works.

And all this without an appointment, without the need for time-consuming supervision by a trainer. The mescan is the new self-service for professional training control.

# The measured values



## Cell Fitness

The metabolism in the smallest unity of the body, the cell, applies as a basis for all other processes. This is determined by the cell fitness value.

SP  
O<sub>2</sub>

## Oxygen saturation

The oxygen saturation of the blood and the maintenance of the balance can provide information about the general health and personal well-being.



## Body Fat

Too much body fat is unhealthy and can promote chronic diseases. With the right training and diet, the body fat percentage can be reduced.



## Muscle mass

Muscles are always active. The more muscles, the more calories are burned. Through regular training of the muscle the immune system is strengthened.



## Resting heart rate

The resting heart rate provides the basis for the determination of the personal training heart rates.



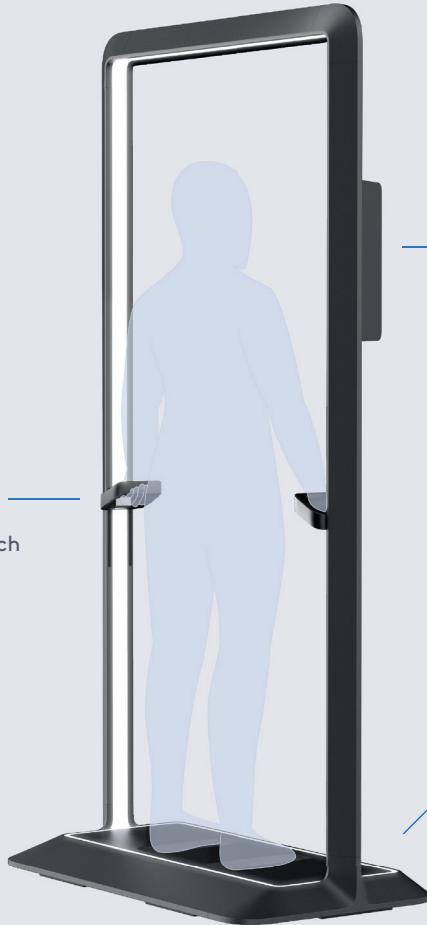
## Heart rate variability

Heart rate variability provides information about the autonomic nervous system and insights into the current stress level in order to determine training intensity.

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In addition, many other body data are measured:  
e.g. muscle distribution,  
intra- and extracellular water,  
stress level, training heart rate values,  
ECM/BCM, visceral fat.

# The smart holistic revolution: high-tech for inner values



SpO2 and HRV  
measurement by  
cardioscan Sensor2Touch  
technology.

The touch display for  
intuitive operation.  
The process and  
the progress of the  
measurement is  
presented in an easily  
understandable way.  
Uncomplicated and easy  
to perform by yourself  
at any time.

Foot electrodes with  
integrated sensors for  
octapolar bio-impedance  
analysis

## Technical data

Weight: 95 kg

Dimensions (in cm): 240 x 119 x 69

Weight measurement up to 300 kg

Bioelectric impedance analysis:

any frequency from 1 to 200 kHz in 1 Hz steps

Segmental/Octapolar

Multi-site photoplethysmogram (PPG) sensors

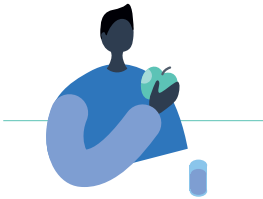
**mescan**  
by cardioscan

## When you know your body, Training works best

The health index is a 360-degree view of all the measured values. It combines the results from fitness, recovery and nutrition indices. These indices are the guiding principles for improving training, nutrition and regeneration. Displayed in an easily understandable way in the vicoach app.



All measured values lead to individual recommendations for action. That's why the mescan is the future of body scanning and also one of the best Sales persons in the gym.



### vicoach

The vicoach app is your virtual coach who always guides you in the right direction whenever you need it. Based on the measured body data, vicoach provides you with the best recommendations for training, nutrition and regeneration.





cardioscan

cardioscan GmbH  
Valentinskamp 30  
20355 Hamburg

info@cardioscan.de  
T +49 40 30 37 23 30  
cardioscan.de