Smart diagnostic solutions to make training work.

Content

The body writes the training plan

cardioscan is your partner for smart diagnostic solutions. We love sport and we trust body data. Data is the best training aid. And not just that. Our body data also provides the best guidance for optimally controlling our nutrition and scheduling recovery periods just when we need them. All this combined guarantees long-term success and with it, huge motivation.

Therefore, measuring body data is the ultimate improvement tool. For training, for nutrition and also for stress management. That's why we love not only sport, but also what we do every day: with our smart diagnostic solutions, we help people every day to achieve their goals more easily and to enjoy a healthy lifestyle.

> 100,000,000
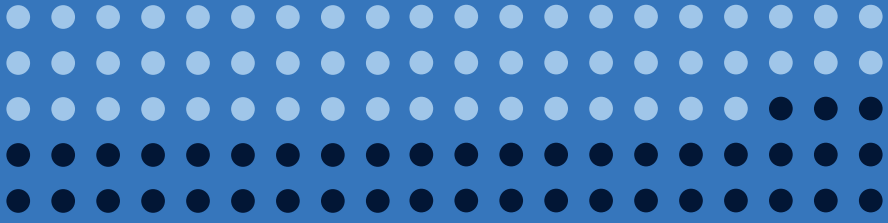
cardioscan measurements carried out

Jogging 49%

Cycling 47%
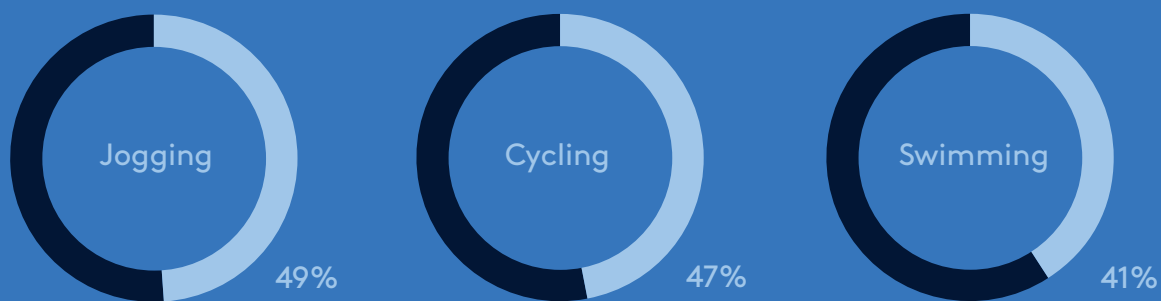
Swimming 41%

Our users' favourite forms of exercise are jogging, cycling and swimming. Body data measurements help every athlete to progress.
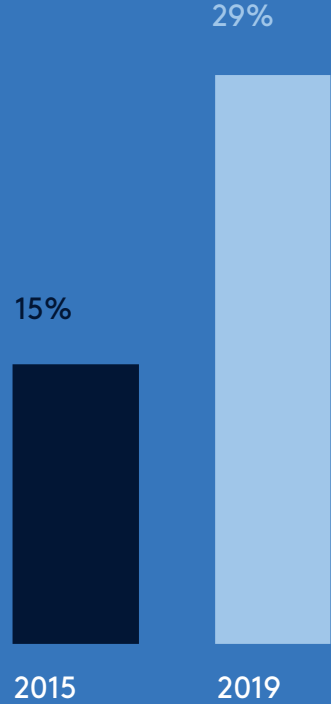
> 5,000

Test locations worldwide

Stress affects people of all ages.Knowing your own body is key to being able to counteract it.On average, around 57% of people are stressed.

>10,000

new users
every month

29%

15%

2015   2019

More and more people are tracking their health data.

measure

mescan or checkpoint. With our smart diagnostic solutions, we measure all the relevant body values precisely to provide a 360-degree view of fitness and health data. Regular measurements are only half the battle when it comes to achieving your goals. Training success is only achieved when training, nutrition and recovery are coordinated. Valid measurements form the basis for supporting others to lead healthier lives.

Training

Nutrition

mescan   **checkpoint**

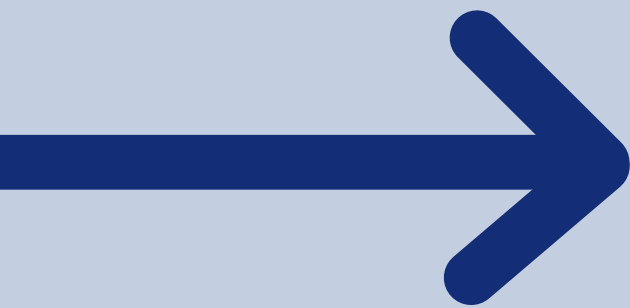cardioscan   bodyscan   bodyscan IQ

metabolic   performance
scan   scan

Recovery

recommend

Measurements alone are not enough to achieve goals. Therefore, our intelligent software creates personalised plans from the values measured. Individual recommendations perfectly balance training, nutrition and recovery. All results and recommendations can then be seen in the app. This makes it easy to take control of your own fitness and health.
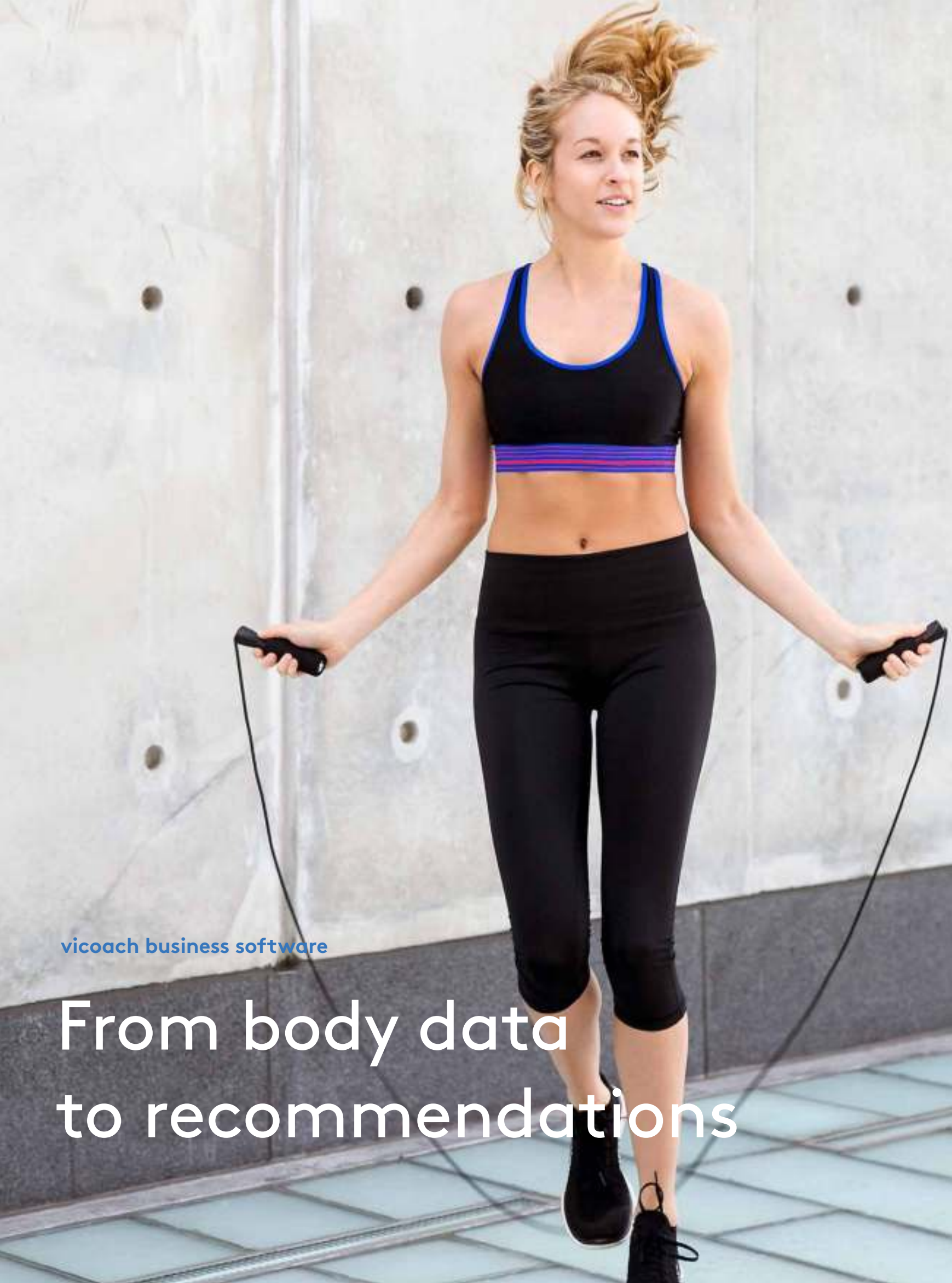
vicoach

vicoach business
software

vicoach
App

lifestyle
scan

mobility
scan

vicoach

Business software and app

From body data
to recommendations

The cloud-based business software allows measurement re-
sults to be accessed from any end device. This makes customer
consultations easy and convenient. The software is intuitive
to use and makes complex health topics easy to understand.
The software's intelligence uses the measured body data to
create individual recommendations that are precisely tailored
to each individual. This is the only way to turn measurement
data into a sense of achievement.

vicoach business software

The smart software

System requirements

- Microsoft Windows® 10 64-bit
- Intel i3-7100 processor
- At least 4 GB RAM
- 1 available USB port
- 1 GB available hard disc capacity
- Display resolution 1280 × 1024
- Stable Internet connection

The vicoach business software manages all measurements
with the different modules. The easy-to-understand results
show progress and offer new motivation to stay on track.
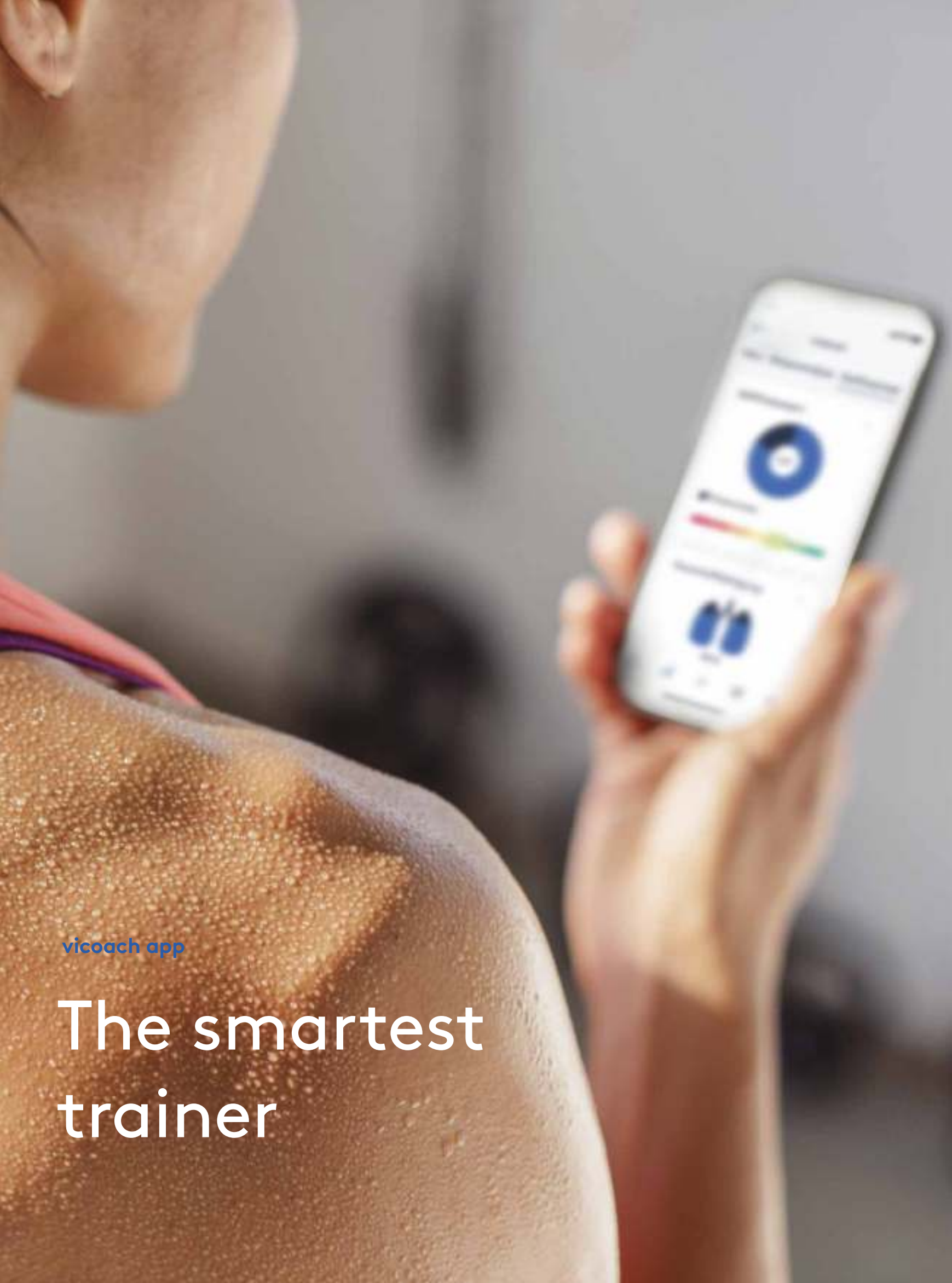
vicoach app

The smartest trainer

vicoach app

The virtual coach

The vicoach app makes it easy to take control of your fitness and health. The measured data and the resulting recommendations can always be accessed in the app. The vicoach app is the ideal companion for training and everyday life. The app not only provides tailored training recommendations, but also offers tips for proper nutrition and recovery. As a virtual coach, the app makes it easy to find your optimum rhythm.
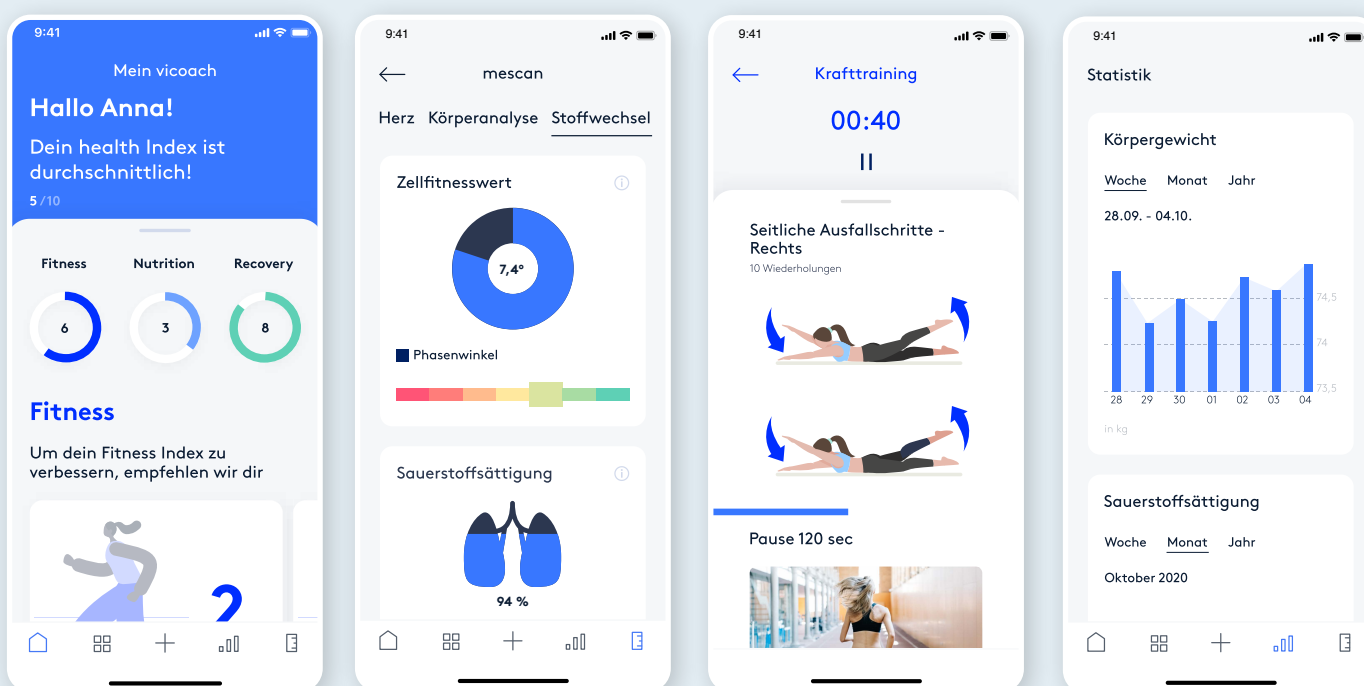
App Features

- All body data at a glance
- Personalised recommendations based on the measurements
- Personalised training plans
- Nutrition plans and recipes
- Variety of recovery sessions

Get the app now!

Athletes are most interested in what training does to their bodies. They want valid measurements that show them their results and help them to perform better.

lifestylescan

# Recognise your lifestyle – prevent risks

The lifestylescan consists of three analyses. An analysis of health behaviour, a mental health check and a test of will-power. Good health behaviour contributes to long-term physical health in a preventive way and protects against illness. Mental health has received increasing attention in recent years as people have recognised the link between long-term stress and mental illness. In addition to occupational stress, insecurity or placing too many demands on yourself also have a negative impact on performance. Determining your resilience and with it your willpower is key to being able to pursue your goals in the long term.

lifestylescan

Lifestyle analysis and willpower

Measurement parameters
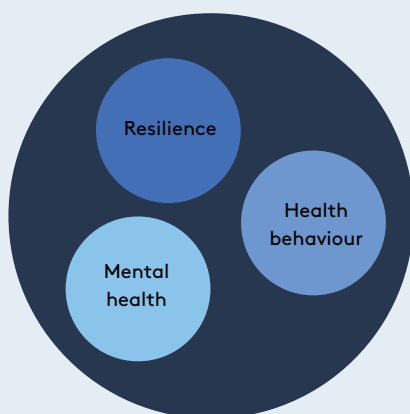
Health behaviour

Health behaviour refers to various lifestyle aspects including physical activity behaviour, sleep behaviour and alcohol and nicotine consumption. Positively changing these components results in an improvement in health behaviour.

Willpower index

Willpower, also known as volition, is the mental energy that has to be exerted to overcome feelings of reluctance, distractions or other obstacles on the way to achieving goals, particularly with regard to training and nutrition.

Resilience

Resilience describes the ability to successfully cope with difficult situations. Highly resilient individuals accept potential problems as a challenge and thrive on them.

Mental Health

The mind and the body are directly connected, so good mental health is essential for a healthy and efficient body.

Willpower index

mobilityscan

Freedom of movement and wellbeing

The mobilityscan checks the functional mobility of the core as well as the upper and lower limbs. Simple tests show where movement restrictions, shortenings and lateral differences are. The resulting activity recommendations show in an easy-to-understand way how to improve mobility in these areas.

mobilityscan
Functional mobility

Measurement parameters

Single-leg stand

Hip, knee and anklemobility is checked. Balance and body stability are also tested. All these functions are important for staying mobile in the long term.

Forward bend

This test analyses the mobility and stability of the core. Both improve posture and protect against back pain.
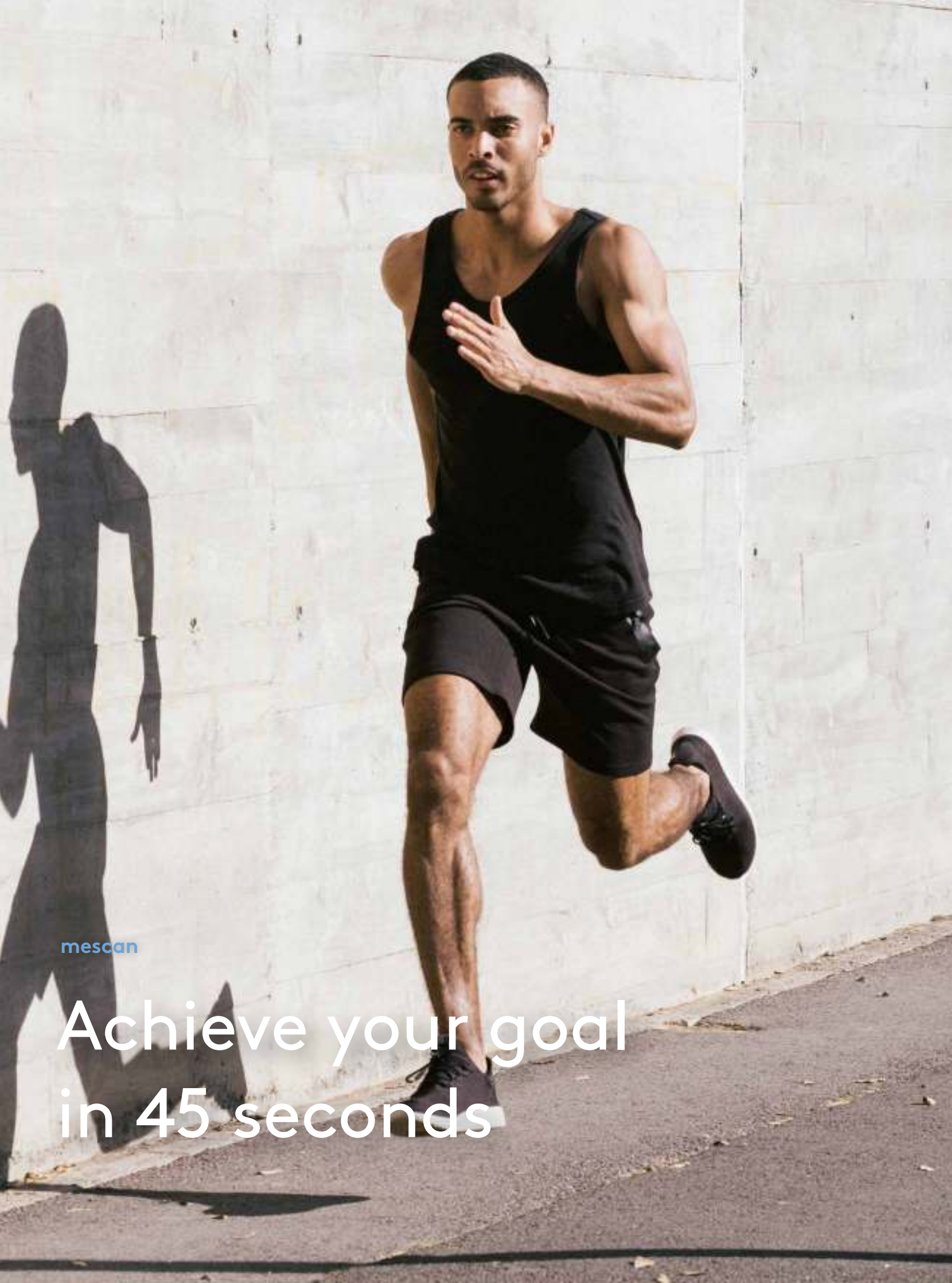
Shoulder mobility

Stability and mobility protect the shoulder from injuries and pain.

mescan

Self-measurement

mescan

Achieve your goal
in 45 seconds

mescan

Self-measurement

Training works best when you understand your body. That's why the mescan measures the relevant body data in less than a minute and uses it to create personalised recommendations for training, nutrition and recovery. The easy-to-understand values are then available in the vicoach app. You can take the measurement yourself at any time without a trainer. This makes mescan the future of smart training management.

health index

The mescan uses the collected measurement data to create fitness, nutrition and recovery benchmarks. These values are used to calculate the personal health index.

fitness index

The fitness index is determined from your skeletal muscle mass, your biological age and your cell fitness value – in other words: your body composition. And what does this mean for your training? It provides important information on how to get the best out of yourself.

nutrition index

What about the nutritional content of your body? Are you well hydrated? What is your body fat percentage? The nutrition index measures all this – and then shows you whether you have an active metabolism. This is pretty important for a healthy life.

recovery index

Your recovery index is made up of your heart rate variability and your oxygen saturation. It tells you how well rested your body is when the measurement is taken. This then tells you which kind of training you need to do now: if it's low – take it easy so you don't stress your body further. If it's high, let it rip!

immune index

The immune index shows you your current level of resistance to make your training even safer. The index takes into account your body data and your health behaviour.
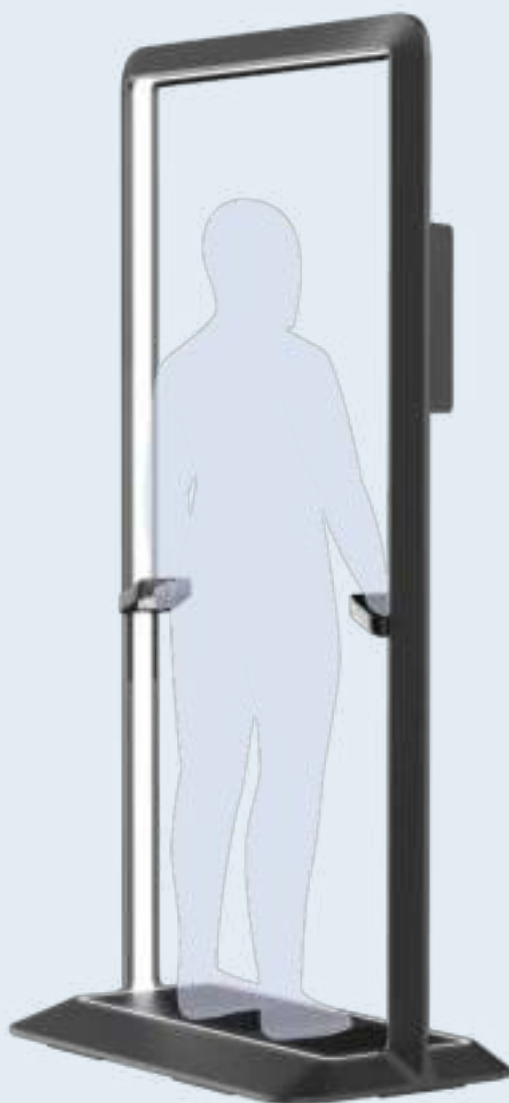
Highest precision

mescan

Self-measurement

Measurement parameters

SPO_2

Oxygen saturation

The oxygen saturation of your blood can provide information about your general health and personal wellbeing.

Cell fitness

Metabolism in the smallest element of the body, the cell, is seen as the basis for all other processes. This is measured using the cell fitness value.

Resting heart rate

Your resting heart rate is the basis for determining your personal training heart rate. This is the only way to achieve your goal.

Muscle mass

Muscles are always active. The more muscles you have, the more calories you burn. Regularly exercising your muscles can also strengthen your immune system.

Heart rate variability

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

Body fat

Excessive body fat can lead to chronic diseases. Determine how much fat is healthy for you and how to reduce excess fat.

Technical data

- Weight: 95 kg
- Dimensions (in cm): 240 x 119 x 69
- Height of baseplate: 7.5 cm
- Weight measurement up to 300 kg
- Bioelectrical impedance analysis: any frequency from 1 to 200 kHz in 1 Hz steps
- Segmental / Octopolar
- Multi-site photoplethysmogram (PPG) sensors

Heart rate variability, stress level, body composition and metabolism: the mescan Self-Check allows you to see how your own body values are doing. The mescan is a gateway to a new world of smart training, nutrition and recovery optimisation. The mescan is the new professional way of training management. And it's a very special self-service.

checkpoint

The 360° solution

cardioscan

bodyscan IQ

Inner values count

checkpoint
The 360° solution

Values measured for your own body provide the best foundation for professional training management. This is because they determine the right training intensity, the appropriate diet and the recovery period required. The 360-degree view provided by the cardioscan checkpoint is the perfect starting point for this, as it combines all the necessary measurements and allows intelligent recommendations for action to be generated from the measurement results.

Choose your checkpoint

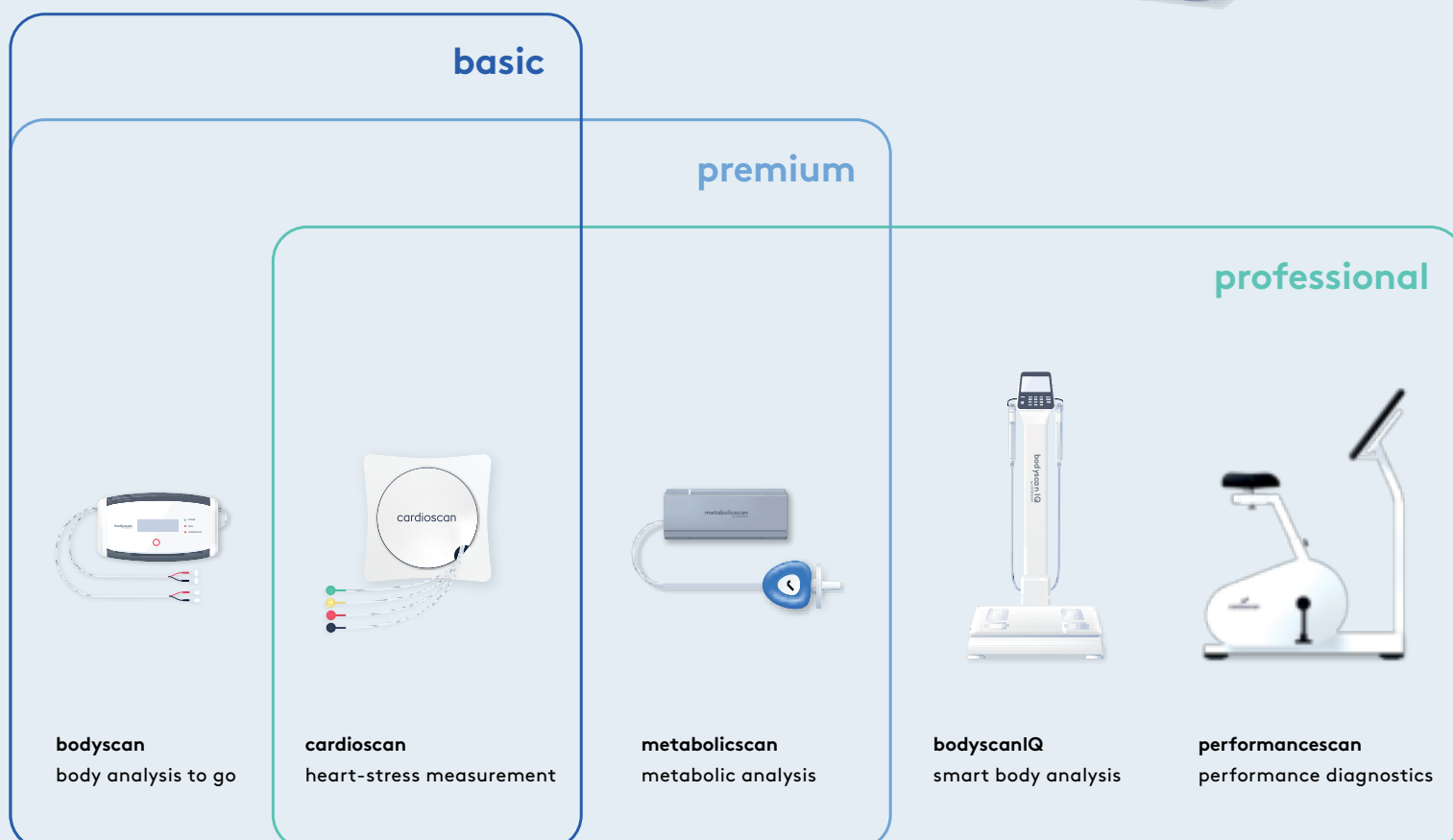Dimensions without monitor (in cm): 80 x 72 x 48

basic

premium

professional

bodyscan
body analysis to go

cardioscan
heart-stress measurement

metabolicscan
metabolic analysis

bodyscanIQ
smart body analysis

performancescan
performance diagnostics

The checkpoint can also be configured individually.
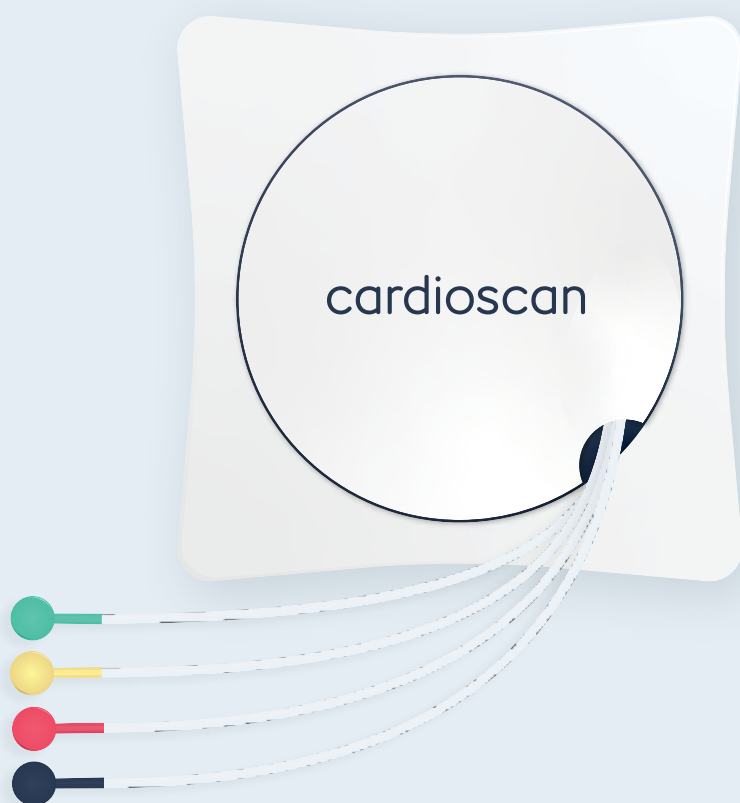All modules can be combined as required and can also be used separately.

cardioscan

Achieve your goal with just four electrodes

cardioscan

Heart-stress measurement

The measurement performs a risk check, determines your individual stress level based on heart rate variability, shows your fitness level and gives individual training pulse recommendations. The user-friendly data presentation makes prevention understandable for everyone. The measurement results are available in just two minutes. The heart and stress test determines the values needed for professional training management, according to the training goal.

Measurement parameters

Resting pulse

Resting pulse rate is the number of heartbeats per minute during physical rest and relaxation. An increased resting heart rate means that the heart has to work harder and increases the risk of coronary heart disease.

Stress check

The stress check shows the current stress load on the heartusing heart rate variability analysis. This can be caused by mental as well as physical overload.

Cardio Fit level

The fit level describes the fitnesslevel of your heart. It has a value from 1 to 10, with 10 being the highest fit level.

Risk check

The risk check provides information about heart function and serves as a risk screening. It shows whether there are any deviations in the heart stress measurement compared to reference values.

Training ranges

The measurement results are used to determine individual training heart frequencies. These are divided into recovery training, base training, development training and peak training.

Technical data

- Weight: 1.4 kg
- Dimensions (in cm):
  19.2 x 20.7 x 10.7
- 6 channel ECG
- Electrical signal is recorded
  at 1024 Hz
- Cable reel for
  simple and handy
  stowing of the electrode cables
- Length of electrode cable 1.7 m
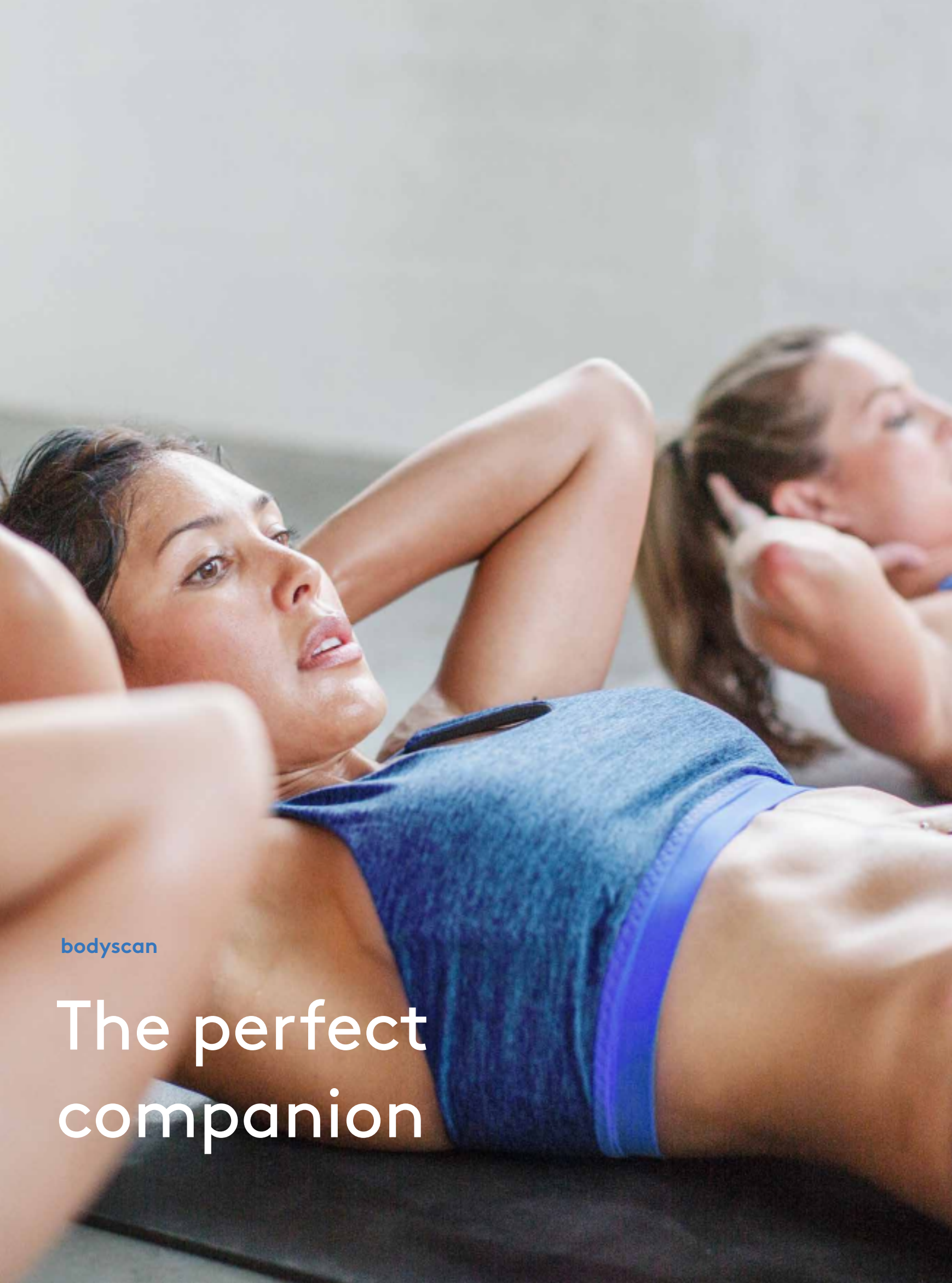
The perfect companion

Body composition is analysed using Bioelectrical Impedance Analysis (BIA), one of the most precise and widely accepted methods of analysing body composition. A weak electric current flows through four electrodes from the right foot to the right hand to measure resistances in the body. This shows how much muscle, water and fat there is in the body.

bodyscan

Body analysis to go

Technical data

- Bioelectrical impedance analysis
- Weight: 0.3 kg
- Dimensions (in cm): 14 x 9 x 2.5
- Power supply USB voltage
- Can be used with non-sterile disposable electrodes
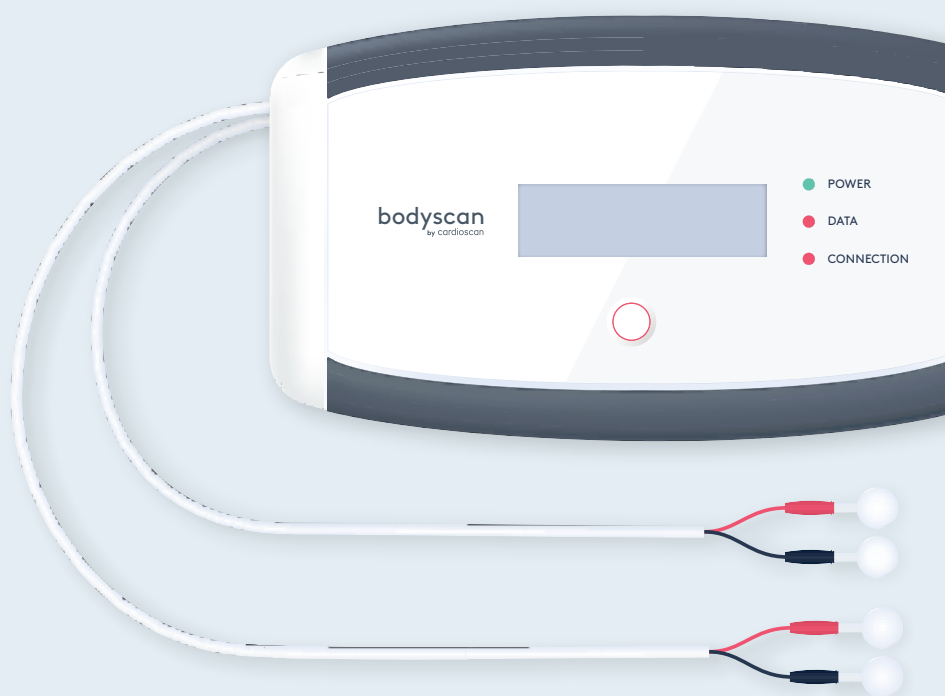
POWER
DATA
CONNECTION

bodyscan
by cardioscan

Measurement parameters

Water

The total amount of fluid in the human-body is referred to as body water. Good body water content has many advantages for health: the cells regenerate faster and the blood is more fluid which reduces the strain on the heart.

BCM

One important parameter for assessing fitness and nutritional health is body cell mass (BCM). It is made up of all the metabolically active cells of the body (muscles, organs, blood, nerves, glands) and is involved in energy consumption.

Muscle mass

Muscles protect and support themusculoskeletal system and are responsible for a large part of energy consumption. The body's muscle mass is made up of the muscle protein and the stored water within the muscle cells.

ECM

Extracellular mass (ECM - Extra Cellular Mass) includes the non-metabolically active components of the body (bones, tendons, ligaments, extracellular water).

Fat mass

The body fat percentage indicates the proportion of fatmass in the total mass of the body. Body fat is composed of: essential fat mass, fat reserve and excess fat.

Cell fitness

The cell fitness value is measured using the phase angle and reflects the general state of the body's health. It describes the performance of the cells and reflects how young, fresh and strong the individual cells are.

The proportion of people who exercise specifically for health reasons is steadily increasing. They want specific recommendations on how they can better deal with stress and stay fit for longer and strengthen their immune system.
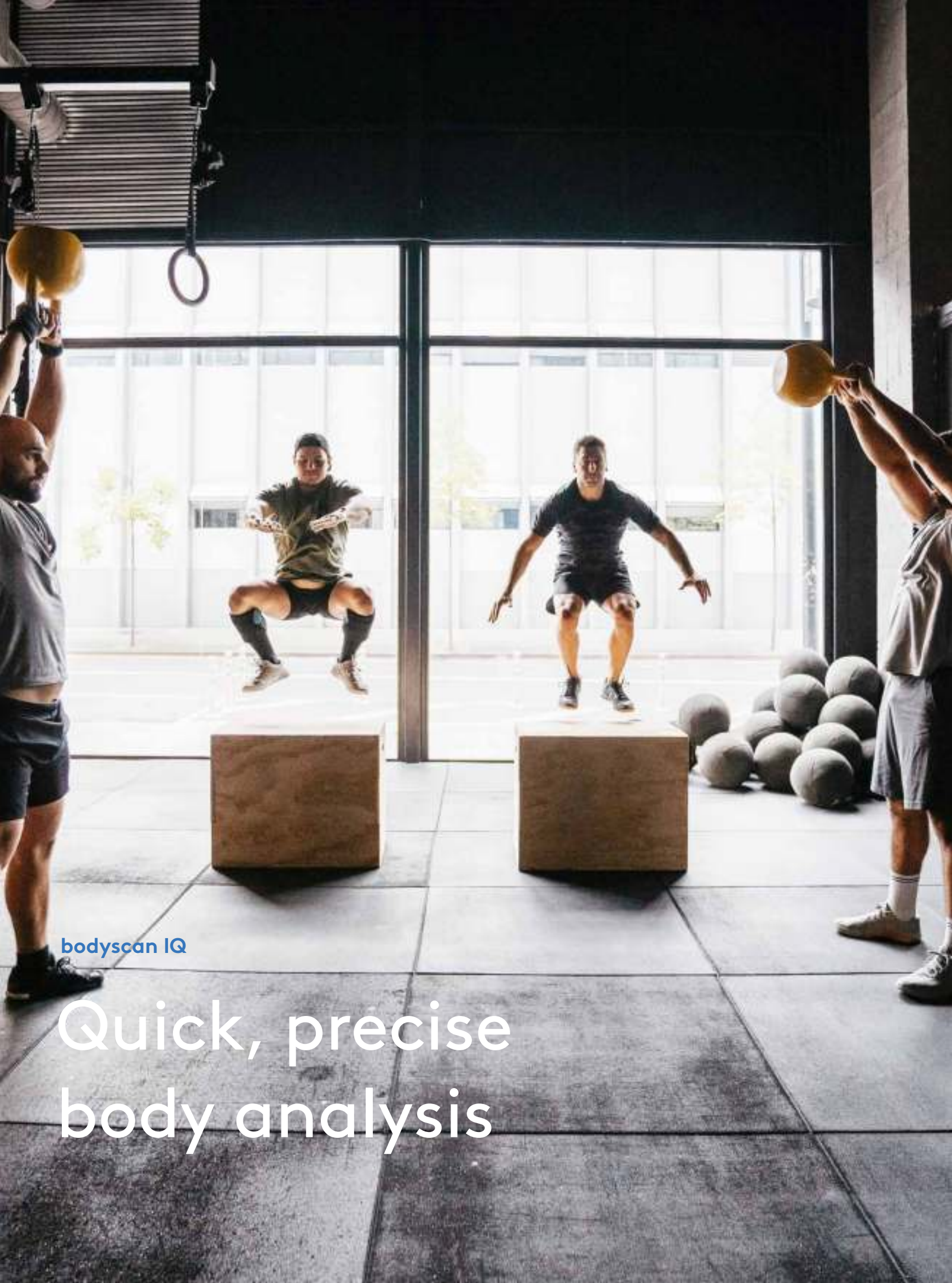
bodyscan IQ

Quick, precise body analysis

bodyscan IQ

The smart body analysis

Technical data

- Bio-impedance analysis
- Weight: 18 kg
- Dimensions (in cm): 64.1 x 43.6 x 102.9
- Frequencies 5, 50, 250 kHz
- Whole body and segmental analysis
- Permitted user weight: 250 kg

Bio-impedance analysis is used to determine body fat, body water, fat-free mass and muscle mass. The segmental distribution of the muscles and visceral fat provide important information on training and nutrition behaviour. The perfect motivational boost for continued training!

Measurement parameters

Water

The total amount of fluid in the human-body is referred to as body water. Good body water content has many advantages for health: the cells regenerate faster and the blood is more fluid which reduces the strain on the heart.

Fat mass

The body fat percentage indicates the proportion of fatmass in the total mass of the body. Body fat is composed of: essential fat mass, fat reserve and excess fat.

Visceral fat

Visceral abdominal fat is also calledintraabdominal fat because it accumulates in the abdominal cavity and surrounds the internal organs. It poses a health risk because it leads to the development of high blood pressure, elevated blood lipid levels and poor blood sugar levels.

Muscle mass

Muscles protect and support themuscu-loskeletal system and are responsible for a large part of energy consumption. The body's muscle mass is made up of the muscle protein and the stored water within the muscle cells.

Muscle distribution

The analysis shows the segmentalmuscle distribution compared to normal values. Muscular imbalances become visible and can be corrected through specific training.

Inhale, exhale, metabolise!

metabolicscan

Metabolic analysis

Measurement parameters

Energy supply

Respiratory gas analysis can be used to determinethe ratio in which the body burns carbohydrates and fats and uses them to provide energy. Optimal energy supply depends on personal goals.

CO_2

CO2 output

Carbon dioxide that is exhaledprovides information about your nutrition. Excessive carbohydrate intake, which can negatively affect the metabolism, can be seen through the measurement.

O_2

O2 intake

Oxygen intake capacity is a key indicator for evaluating training. The results can be used to tailor the direction and intensity of training.

Resting metabolic rate

Resting metabolic rate indicates how active the metabolism is. The optimal resting metabolic rate should be above the normal value, as this indicates an active metabolism.

Technical data

- Respiratory gas measurement
- Weight: 0.96 kg
- Dimensions of analysis housing (in cm): 20 x 11 x 7
- Dimensions of respiratory unit (in cm): 10 x 9.5 x 5
- Connections: USB connection, 12V/1.2A AC power connection
- O2 sensor can be changed by the user

Whether you want to lose weight, increase your performance or improve your health, the metabolic analysis determines how the body metabolises fats and carbohydrates with a respiratory gas measurement. The results form the key foundation for highly efficient training and nutrition programmes.

The intelligent metabolic analysis provided by cardioscan delivers precise measurement results for effective and comprehensive body management. The air we breathe reveals whether our metabolism is functioning optimally.

Athletes have different training and health requirements. Smart diagnostics solutions are an important tool for providing tailored solutions to different customer groups.
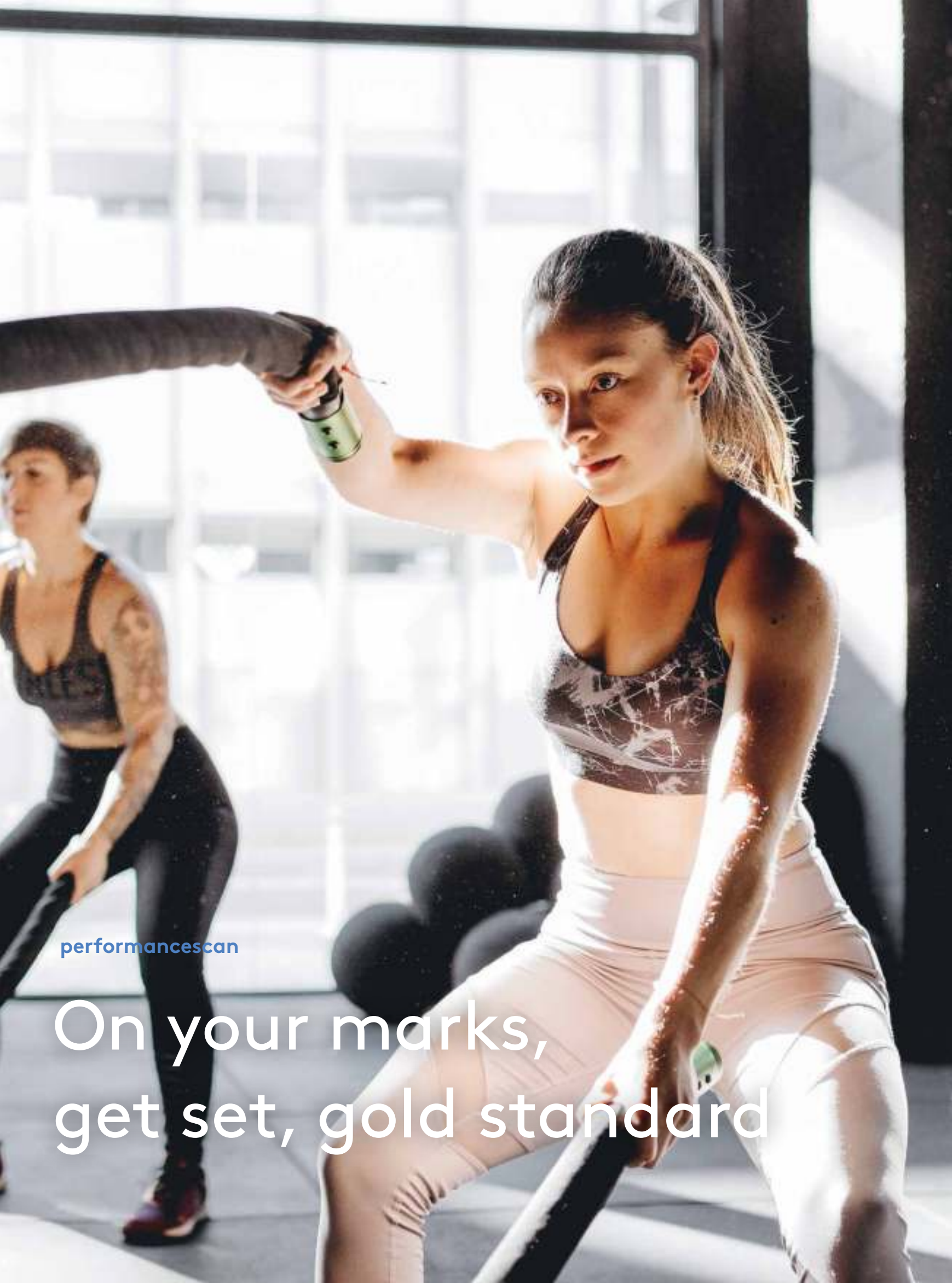
performancescan

On your marks,
get set, gold standard

performancescan

Performance diagnostics

Technical data

- Spiro-ergometric step test on a bicycle ergometer
- Weight: 64 kg
- Dimensions (in cm): 106 x 65 x 139
- Self-contained operation
- Calibrated drive unit
- Hybrid Braking System (HBS)
- Mono-belt drive, self-adjusting and quiet
- Power range: 25 - 300 watts speed-independent
- Step: 5 watt
- Speed range: 20 – 120 rpm
- Permitted user weight: 130 kg

Measurement parameters

Power in watts

Wattage is the ratio of the maximum power output to the calculated target wattage. Target wattage indicates how many watts an average person with the same body data should achieve.

Training breakdown

The measurement results are used to determine individual training heart frequencies. These are divided into recovery training, base training, development training and peak training.

Fit level

The fit level describes the fitness and health level of your heart. It has a value from 1 to 10, with 10 being the highest fit level.

O_2 max

O2max

Maximum oxygen consumption is the most important criterion for endurance performance. It indicates how well the body can absorb and utilise oxygen under stress.

Performance diagnostics involves a spiro-ergometric step test on a bicycle ergometer which is used to determine an individual's endurance capacity. The load is gradually increased during the test. At the same time, power output, heart rate, oxygen uptake, carbon dioxide output and other respiratory parameters are determined and recorded continuously using respiratory gas analysis (spiro-ergometry). The measurement results for each load level and the calculated individual training ranges are presented in an easy-to-understand way.

cardioscan - for all who love health

Contact

The cardioscan team are happy to advise on the various systems. We offer individual solutions from financing and refinancing to appropriate presentation. You can reach us at:

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Visit our website at:
cardioscan.de

Shop

Electrodes, metabolism sets, spare parts and much more are available in the cardioscan shop at cardioscan.de/shop.
It's worth taking a look, because there are always great offers and solutions for showcasing mescan and checkpoint.

Service

Our Service & Support team are there to help with any technical questions you may have about our diagnostic solutions. You can reach them at +49 (0)40 303 723 32 or email info@cardioscan.de.

cardioscan