



SCAN LETICS

ATHLETIC AGE

22.6

EXCEPTIONAL

↓ 11.4 years younger

61.9_{kg}
Weight

164_{cm}
Height

1456
RMR kcal

FAT PROFILE

BODY FAT **OPTIMAL**

21.5%

 · 13.3 kg fat**Less body fat than 96% of peers**

Excess raises risk of cardiovascular disease, type 2 diabetes, and metabolic disorders.

LEGS

30%7.2 kg
L:3.7 · R:3.5

TRUNK

13%

3.7 kg

ARMS

27%1.7 kg
L:0.9 · R:0.8

- Body fat is in the optimal range — maintain

VISCERAL FAT AREA **OPTIMAL**

21

 cm²

Deep abdominal fat — excess linked to diabetes, heart disease, and fatty liver.

- Low metabolic risk zone

FMI **OPTIMAL**

4.98

**You're in the lowest 9% for avg fat mass**

Fat mass relative to height — lower aligns with better metabolic health.

A/G RATIO

0.46

Hip / Thighs Belly

Abdominal vs hip-thigh fat — lower is better for cardiometabolic health.

LEAN MASS

LEAN MASS INDEX **AVERAGE**

17.1 lean: 43.5 kg



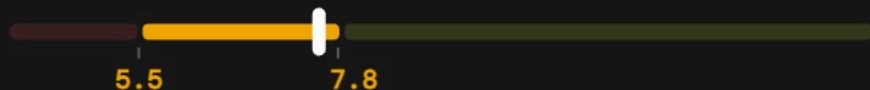
You have more lean mass than 64% of people

Total lean mass normalised for height — lets you compare muscle status across body sizes.

- Gain 1 kg of muscle to reach optimal

ALMI **AVERAGE**

7.58 · ALM: 20.4 kg



You have more lean mass than 71% of people

Appendicular Lean Mass Index measures the muscle in your arms and legs, adjusted for height. It's a key marker of strength and healthy ageing.

LEGS
16.0 KG
L:7.9 · R:8.1

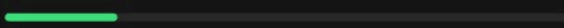
ARMS
4.4 KG
L:2.1 · R:2.3

LEAN ASYMMETRY **OPTIMAL**

3.8%



Left-right muscle difference — larger gaps can signal imbalance or injury risk.

LEGS  2.4% L < R

ARMS  8.8% L < R

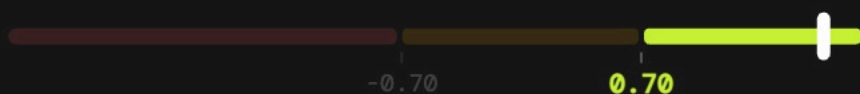
- Low asymmetry — well balanced

BONE DENSITY

TOTAL BODY Z-SCORE **OPTIMAL**

+1.77

· 1.11 g/cm²



You have higher bone density than 96% of your peers

Whole-body bone density vs peers of your age and sex. Head excluded.

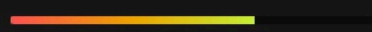
COMPARTMENTS

Z
SCOREBMD
G/CM2

Left arm

+0.36

0.76



Right arm

+0.21

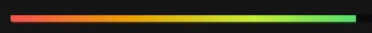
0.77



Middle back

+1.92

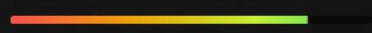
1.06



Lower back

+1.09

1.21



Pelvis

+0.56

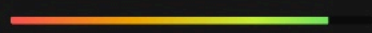
1.39



Left leg

+1.37

1.28



Right leg

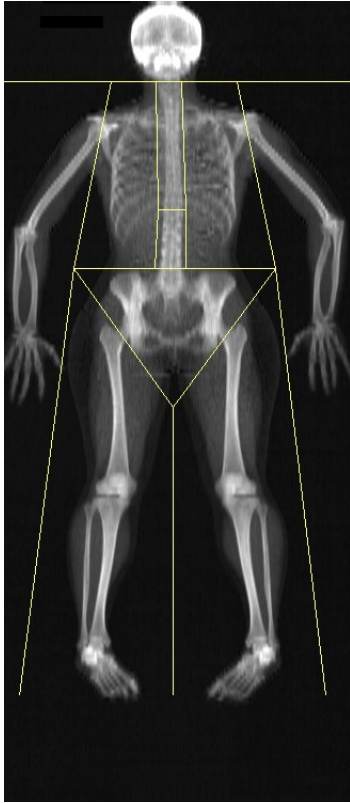
+1.02

1.26



Name: [REDACTED]	Sex: Female	Height: 164.0 cm
Patient ID: [REDACTED]	Ethnicity: White	Weight: 61.9 kg
DOB: [REDACTED]		Age: 34

Referring Physician:



k = 1.184, d0 = 45.9
327 x 150
DAP: 13.1 cGy*cm²

Scan Information:

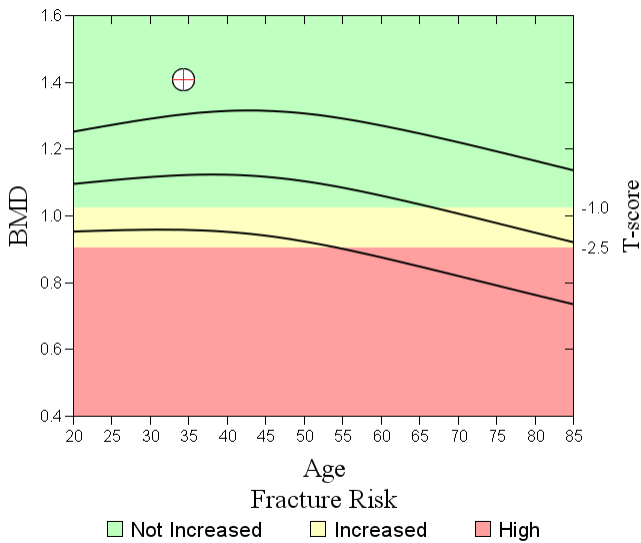
Scan Date: 01 October 2025 ID: A1001250B
Scan Type: a Whole Body
Analysis: 01 October 2025 14:22 Version 13.6.0.2:3
Auto Whole Body Fan Beam
Operator:
Model: Discovery A (S/N 83997)
Comment:

DXA Results Summary:

Region	Area (cm ²)	BMC (g)	BMD (g/cm ²)	T - score	Z - score	AM (%)
L Arm	195.41	148.35	0.759			
R Arm	205.46	158.49	0.771			
L Ribs	119.82	98.62	0.823			
R Ribs	100.52	89.37	0.889			
T Spine	126.65	135.36	1.069			
L Spine	59.51	72.03	1.210			
Pelvis	272.20	377.68	1.387			
L Leg	384.38	493.49	1.284			
R Leg	382.37	482.36	1.261			
Subtotal	1846.33	2055.75	1.113			
Head	240.84	882.31	3.663			
Total	2087.17	2938.07	1.408	3.4	3.0	126

Total BMD CV 1.0%, ACF = 1.033, BCF = 1.008

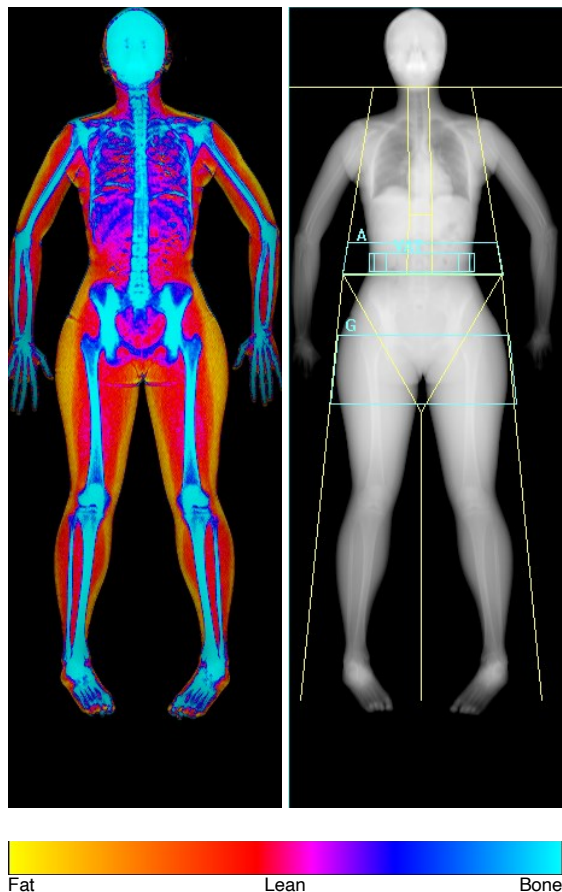
Total



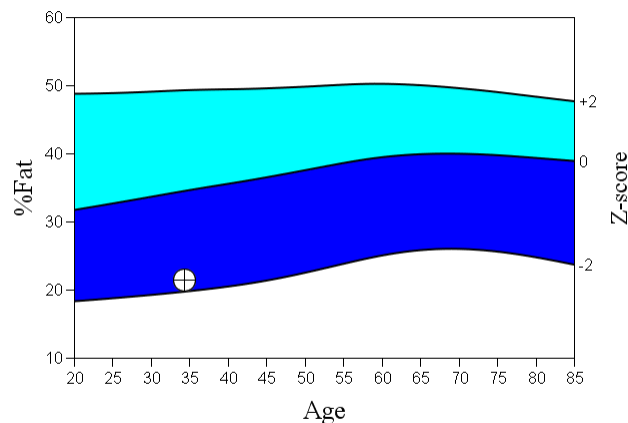
Comment:

T-score vs. White Female. Source:2012 BMDCS/NHANES. Z-score vs. White Female. Source:2012 BMDCS/NHANES.

Name: [REDACTED]	Sex: Female	Height: 164.0 cm
Patient ID: [REDACTED]	Ethnicity: White	Weight: 61.9 kg
DOB: [REDACTED]		Age: 34



Total Body % Fat



Source: NHANES Classic White Female.

World Health Organization Body Mass Index Classification
BMI = 23.0 WHO Classification Normal



BMI has some limitations and an actual diagnosis of overweight or obesity should be made by a health professional. Obesity is associated with heart disease, certain types of cancer, type 2 diabetes, and other health risks. The higher a person's BMI is above 25, the greater their weight-related risks.

Body Composition Results

Region	Fat Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat	% Fat Percentile YN	AM
L Arm	931	2212	3143	29.6	23	17
R Arm	813	2464	3276	24.8	11	8
Trunk	3671	23782	27453	13.4	4	3
L Leg	3710	8390	12100	30.7	13	11
R Leg	3487	8574	12061	28.9	8	6
Subtotal	12611	45423	58034	21.7	6	4
Head	790	3548	4337	18.2		
Total	13401	48970	62371	21.5	6	4
Android (A)	456	2934	3390	13.4		
Gynoid (G)	3332	7951	11283	29.5		

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Adipose Indices

Measure	Result	Percentile	
		YN	AM
Total Body % Fat	21.5	6	4
Fat Mass/Height ² (kg/m ²)	4.98	15	9
Android/Gynoid Ratio	0.46		
% Fat Trunk/% Fat Legs	0.45	4	3
Trunk/Limb Fat Mass Ratio	0.41	3	2
Est. VAT Mass (g)	99.2		
Est. VAT Volume (cm ³)	107		
Est. VAT Area (cm ²)	20.6		

Lean Indices

Measure	Result	Percentile	
		YN	AM
Lean/Height ² (kg/m ²)	17.1	69	64
Appen. Lean/Height ² (kg/m ²)	7.57	73	70

Est. VAT = Estimated Visceral Adipose Tissue
YN = Young Normal
AM = Age Matched

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DXA Results Summary:

Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat
L Arm	148.35	930.9	2063.6	2212.0	3142.9	29.6
R Arm	158.49	812.6	2305.2	2463.7	3276.2	24.8
Trunk	773.06	3670.8	23009.2	23782.3	27453.0	13.4
L Leg	493.49	3710.1	7896.9	8390.4	12100.5	30.7
R Leg	482.36	3486.5	8092.1	8574.5	12061.0	28.9
Subtotal	2055.75	12610.9	43367.0	45422.7	58033.6	21.7
Head	882.31	789.7	2665.4	3547.7	4337.4	18.2
Total	2938.07	13400.6	46032.3	48970.4	62371.0	21.5

TBAR1209