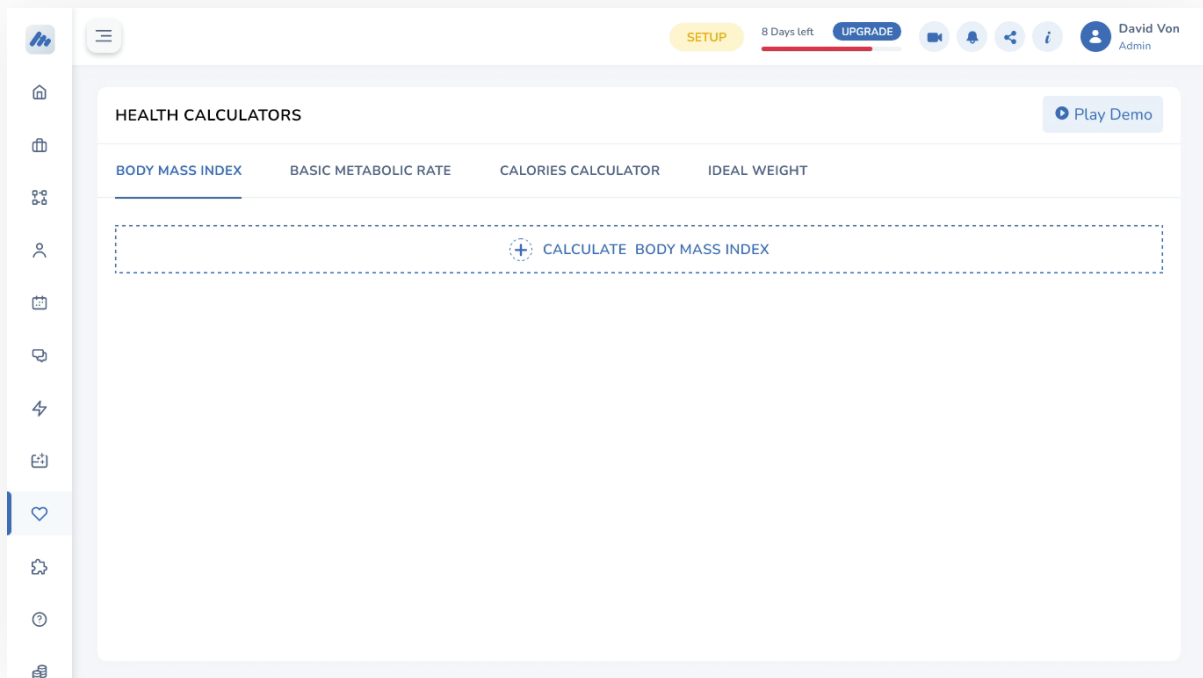




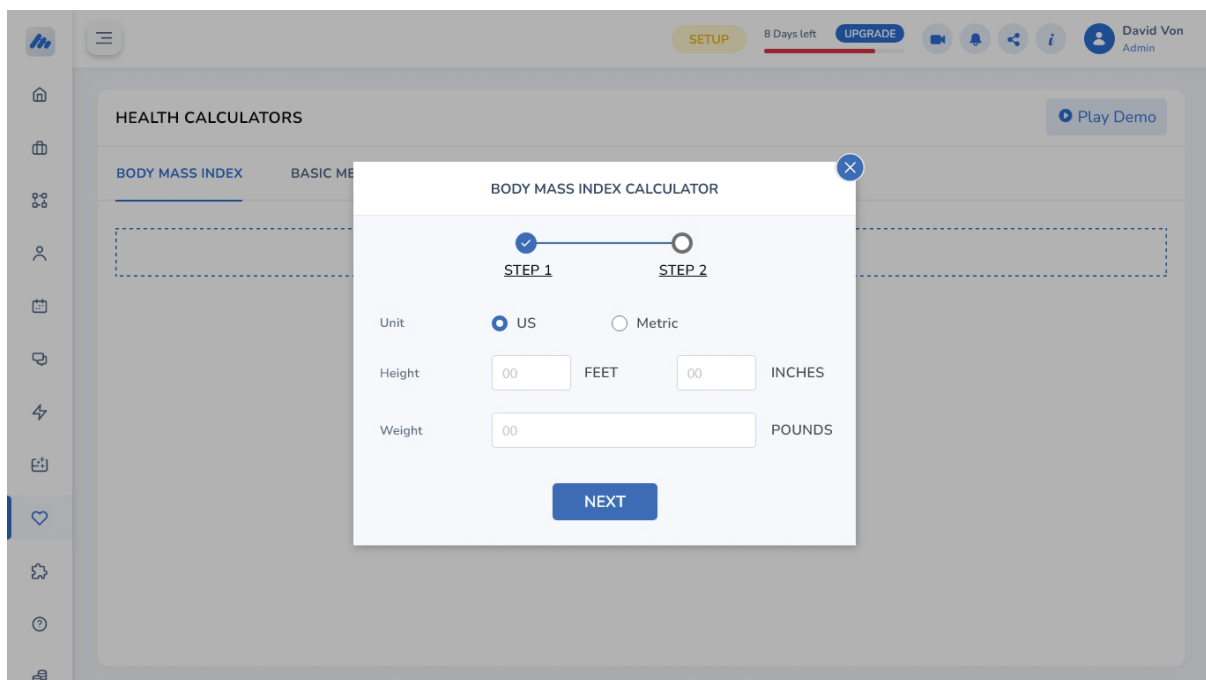
## BODY MASS INDEX

Body Mass Index Calculators take into consideration the height and weight to estimate how much body fat someone has. Body Mass Index helps you determine the fat levels and categorize people as underweight, normal weight, or overweight. Follow the below steps to calculate BMI using Mevolife Software:

1. Click on the “ Calculate Body Mass Index” option to start computing BMI for existing or new clients.



2. Select Unit, and input Height & Weight in the form and click on the next button to move to step 2





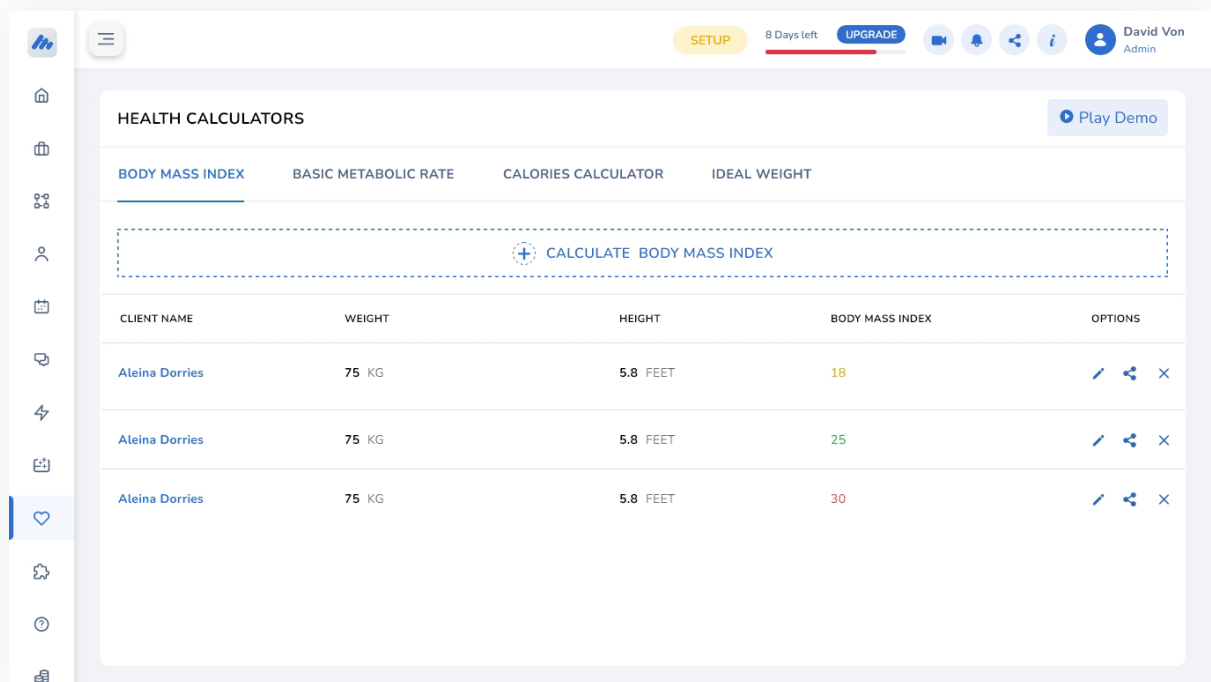
The screenshot shows the MEVOLIFE web application interface. At the top, there's a navigation bar with a logo, a menu icon, and buttons for 'SETUP', '8 Days left', and 'UPGRADE'. A user profile for 'David Von Admin' is visible. The main content area is titled 'HEALTH CALCULATORS' and includes tabs for 'BODY MASS INDEX' and 'BASIC METABOLIC RATE'. A modal window titled 'BODY MASS INDEX CALCULATOR' is open, showing 'STEP 1' of a two-step process. It includes radio buttons for 'Unit' (US or Metric), input fields for 'Height' (CM) and 'Weight' (KG), and a 'NEXT' button.

3. You can either choose from Existing Client List or Add New Clients to record the result in the CMS.

This screenshot shows the same MEVOLIFE interface as the previous one, but the 'BODY MASS INDEX CALCULATOR' modal is now in 'STEP 2'. The 'Unit' selection is gone, and instead, there are radio buttons for 'Choose Client' (selected) and 'New Client'. Below this is a 'Select Client' dropdown menu. At the bottom of the modal are 'BACK' and 'CALCULATE' buttons.

4. Once you click on calculate the software will automatically compute the BMI and make the entry in the list of records. You can edit, share or delete the entries as per your requirements.





## FAQ'S

### What are the main metrics affecting the BMI levels?

The main metrics that affect the BMI levels are height and weight.

### Can you explain the BMI levels and their categorization?

The categorization of BMI starts from values below 18.5 where in the individual is categorized as underweight, 18.5-24.9 is normal weight, 25.0-29.9 is overweight, 30.0-34.9 is obesity 1st grade, 35-39.9 is obesity 2nd grade and above 40 is obesity 3rd grade.

### Can I share the results with the clients?

Yes the software comes with an integrated share option to send the results to your clients and keep them updated about their health vitals.

### Can I create multiple records for one client?

Yes you can create multiple records for one client but we recommend you to edit and update records so that the client can see the progress from the day he started to the current date.

### What if the client is not added in my CMS?

Don't worry you can create records for both added and new clients in the CMS. Simply click on a new client and add a name to record the data for any new client.

### Can I recover the record for deleted clients?

No, you can't recover the records for deleted clients. Once a record is deleted from the CMS it is flushed from Database and can't be recovered.

