

## **InBody 770 SOP**

(Ref: MCBUL 6110)

To properly support the Marine Corps, an appointment will be required to conduct an InBody (BIA) scan.

1. Per MCO, only Force Fitness Instructors (FFI) and Command Physical Training Representatives (CPTR) are authorized to conduct the test for BCP purposes.
2. When a Marine fails tape, MCCS Health Promotion must be notified within 24 hours at the email address below:

[mccshealthpromotions@okinawa.usmc-mccs.org](mailto:mccshealthpromotions@okinawa.usmc-mccs.org)

- a. The following information must be provided in the email for both the conducting FFI/CPTR and the Marine being tested.
    - Name
    - Rank
    - Unit
    - Requested Camp (Kinser, Foster, Courtney, Hansen)
    - Phone Number
    - Email
    - Deadline when the test must be completed by
    - FFI/CPTR BIA training certification
3. A member of the Health Promotion staff will schedule the appointment and notify both the FFI/CPTR and Marine via email. Please confirm this appointment within 24 hours.
  4. A member of the Health Promotion staff must be present for the duration of the InBody scan. Under no circumstances will FFI/CPTR be allowed in the Fitness Coordinator's office by themselves. In instances where the Health Promotion staff are not available, arrangements will be made for an Athletics Facility Supervisor to be present.
  5. Only the conducting FFI/CPTR and 1 Marine at a time will be allowed in the office. Appointments will be offered in 15-minute increments.
  6. The conducting FFI/CPTR will be responsible for cleaning the machine after use and returning the area to its original condition. The hand and foot electrodes can only be cleaned using InBody Tissue or alcohol wipes. **\*\*SEMPER FIT WIPES CANNOT BE USED\*\***
  7. InBody scans conducted outside of BCP will be conducted by the MCCS Health Promotion staff on a space available basis for Active-Duty Marines only.

### Testing Prep

- Stand upright for about 5 minutes before testing. Taking the test immediately after lying in bed or sitting for a long period of time might result in a slight change in the test results. This is because body water tends to move to the lower body as soon as the person stands or gets up.
- Do not eat before testing. In cases where the examinee has already eaten, the test should be put off for at least three hours after the meal. This is because food mass is included in the examinee's weight and thus, may result in measurement errors.
- Use the bathroom before testing. Waste is not included in the body's compositional elements, but the volume of urine and excrement is included in the weight measurement affecting accuracy of the test results.
- Do not exercise before testing. Strenuous exercise or sharp movements can cause temporary changes in body composition. Even light exercise can change your body composition temporarily.
- Take the test in the morning, if possible. Body water tends to gravitate towards the lower body throughout the day, affecting accuracy of the test results.
- Thoroughly wipe the palms of hands and soles of feet before testing. Testing may be difficult if the examinee's palms and soles are too dry or if the examinee has too many calluses.
- Avoid contact with the examinee during testing. Contact may lead to interference affecting test results.

For questions, please contact MCCA Health Promotion

DSN: 645-3910

Email: [mccshealthpromotions@okinawa.usmc-mccs.org](mailto:mccshealthpromotions@okinawa.usmc-mccs.org)