HV

HeraVita Wellness Dashboard

Sample Participant · Printed 5 November 2026

HeraVita 3D body scan · Longitudinal tracking

AGE 38 · HEIGHT 165 CM

Showing 22 September 2026 compared to previous scan (20 June 2026)

Waist for this scan: measured at your natural waist.

CARDIOMETABOLIC
✓ Stable / improving
3 metrics tracked

BODY SHAPE
✓ Stable / improving
3 metrics tracked

BODY PROPORTION
✓ Stable / improving
3 metrics tracked

BODY COMPOSITION
✓ Stable / improving
5 metrics tracked

MUSCLE
✓ Stable / improving
3 metrics tracked

POSTURE
✓ Stable / improving
3 metrics tracked

LEFT–RIGHT
↔ Measurements only
4 metrics tracked

CARDIOMETABOLIC RISK

Metric	Prev scan	Current	Change
Waist circumference	78.3 cm	77.6 cm	-0.7 cm

Your waist circumference, measured at your natural waist where your scan provides it, otherwise at the narrowest part of your waist. Fat carried around your middle affects your heart and metabolism more than fat elsewhere, so a lower number here is the healthier direction.

Waist-to-hip ratio	0.80	0.79	-0.004

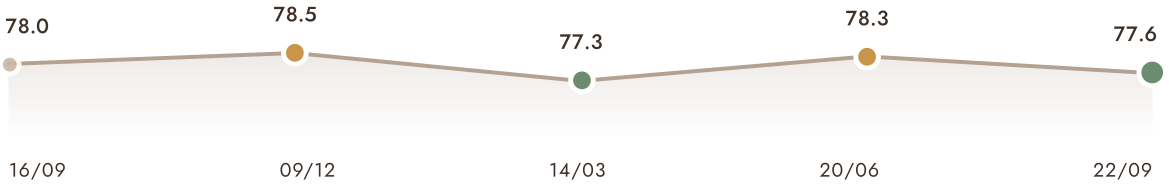
Your waist divided by your hips. It shows whether you carry weight mainly around the middle or on the hips, and lower means less of it around the middle.

Waist-to-height ratio	0.47	0.47	-0.004

Your waist divided by your height. It is the simplest well-tested check for middle-body fat, and you are aiming to keep it under 0.50.

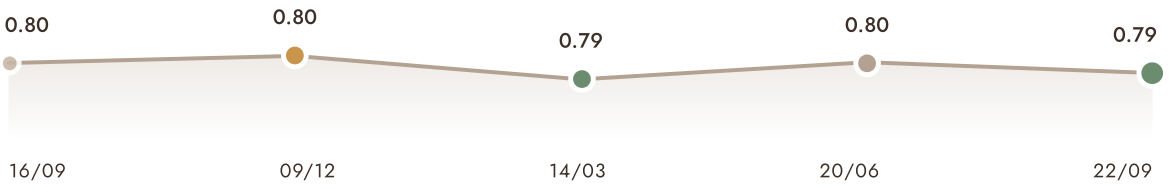
WAIST CIRCUMFERENCE TREND

Measured in cm.



Scale 75.0 to 80.8 cm, zoomed to show change rather than starting at zero.

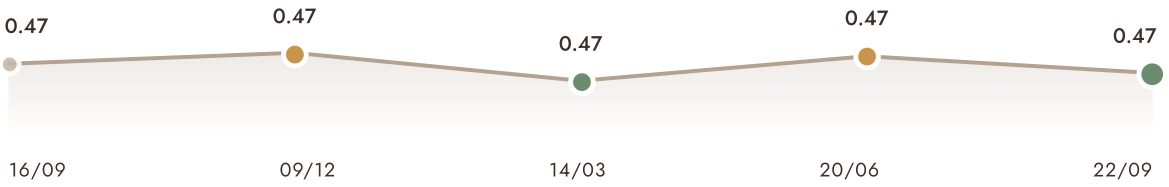
WAIST-TO-HIP RATIO TREND



Scale 0.77 to 0.82, zoomed to show change rather than starting at zero.

WAIST-TO-HEIGHT RATIO TREND

The aim is to stay under 0.50.



Scale 0.45 to 0.49, zoomed to show change rather than starting at zero.

BODY SHAPE & FAT DISTRIBUTION

Metric	Prev scan	Current	Change
Body roundness index	2.88	2.81	-0.07

Combines your waist and height into a single number describing your overall shape. It draws on the same waist and height as the measures above, so it moves with them across your scans.

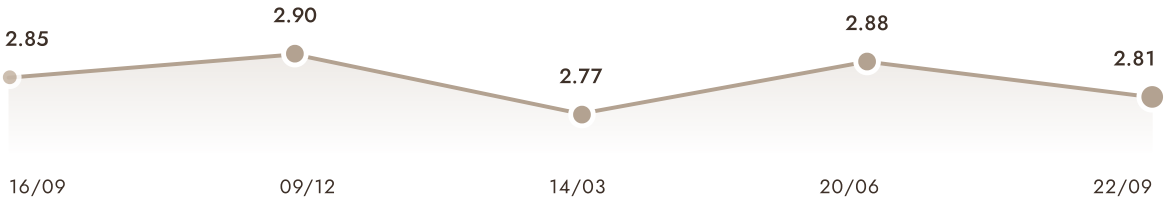
Conicity index	1.19	1.17	-0.01

How much your waist stands out relative to your height and weight. A lower number means your weight sits more evenly rather than gathering around the middle.

ABSI	0.077	0.076	—

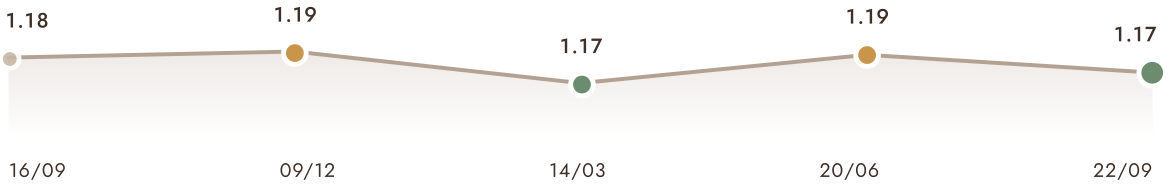
Your waist adjusted for your height and weight, so it can pick up middle-body fat even when your overall size looks perfectly normal. Lower is better.

BODY ROUNDNESS INDEX TREND



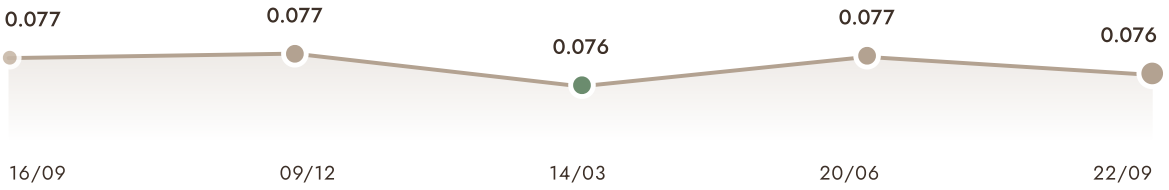
Scale 2.69 to 2.98, zoomed to show change rather than starting at zero.

CONICITY INDEX TREND



Scale 1.13 to 1.22, zoomed to show change rather than starting at zero.

ABSI TREND



Scale 0.074 to 0.080, zoomed to show change rather than starting at zero.

BODY PROPORTION PATTERNS

LIPOEDEMA AWARENESS

Metric	Prev scan	Current	Change
Waist-to-thigh ratio	1.27	1.25	-0.01

Your waist compared with your thighs, which is your own baseline rather than a score against anyone else. A falling number means the balance is shifting toward your lower body.

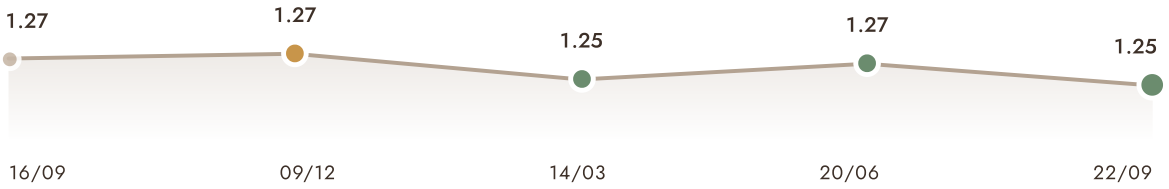
Metric	Prev scan	Current	Change
Waist-to-calf ratio	2.20	2.17	-0.03

Your waist compared with your calves, which is your own baseline rather than a score against anyone else. A falling number means the balance is shifting toward your lower body.

Metric	Prev scan	Current	Change
Thigh circumference	61.9 cm	62.1 cm	+0.2 cm

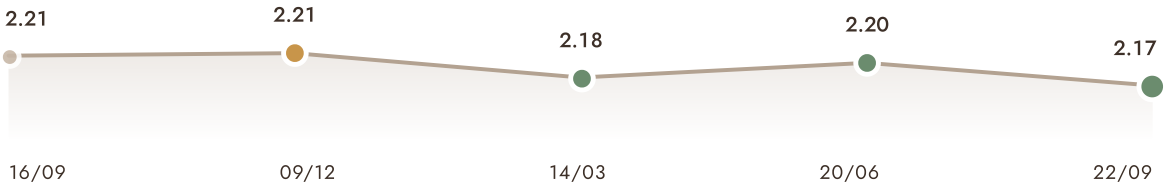
Your thigh at its fullest point, averaged across both legs. Research links consistently slim thighs to less muscle, and tracking yours across scans shows whether that is changing for you.

WAIST-TO-THIGH RATIO TREND



Scale 1.21 to 1.31, zoomed to show change rather than starting at zero.

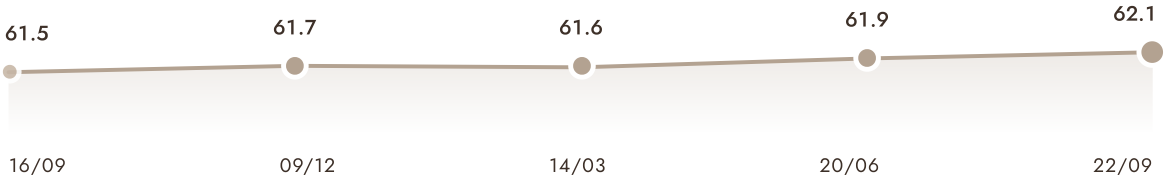
WAIST-TO-CALF RATIO TREND



Scale 2.11 to 2.28, zoomed to show change rather than starting at zero.

THIGH CIRCUMFERENCE TREND

Measured in cm.



Scale 59.6 to 64.0 cm, zoomed to show change rather than starting at zero.

Your lower-body proportion ratios, tracked scan to scan as a personal baseline. These are descriptive measurements only. They cannot detect, rule out, or monitor any medical condition. Only a qualified clinician can assess and diagnose lipoedema.

BODY COMPOSITION

Metric	Prev scan	Current	Change
Body fat %	28.3 %	27.8 %	-0.5 %

An estimate of how much of your body weight is fat rather than muscle, bone and water. For women the usual healthy range is roughly 22 to 34 per cent, so the aim is to sit inside it rather than as low as possible.

Fat mass	17.2 kg	16.9 kg	-0.3 kg

An estimate of the kilos of fat you are carrying, worked out from your body fat percentage and your weight. It often tells you more than the percentage alone, which can sit still while the kilos move.

Lean body mass	43.5 kg	43.9 kg	+0.4 kg

An estimate of everything in you that is not fat: muscle, bone, organs and water. It naturally drops with age and faster through perimenopause, so more is better here.

Visceral fat	50 cm^2	40 cm^2	-10 cm^2

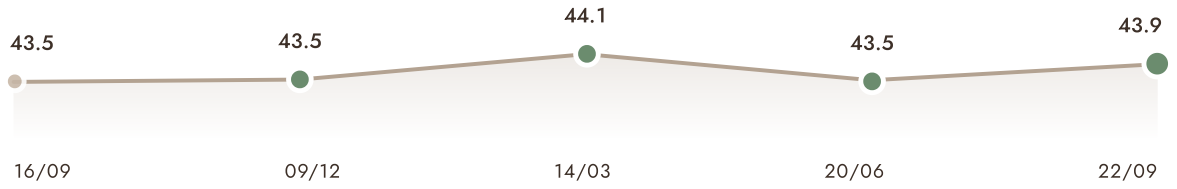
The fat stored deep inside the abdomen, around organs such as the liver and intestines, estimated from your waist, upper thigh, age and BMI. In research studies, metabolic risk begins to rise from about 106 cm^2 and is higher from 163 cm^2.

Basal metabolic rate	1,289 kcal	1,290 kcal	+1

The calories your body burns at complete rest, just keeping you alive. It is a useful starting point for setting realistic food and training targets, rather than a number to push up or down.

LEAN BODY MASS TREND

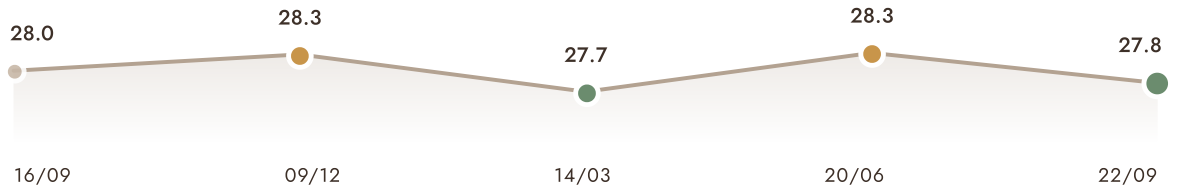
Measured in kg.



Scale 42.2 to 45.4 kg, zoomed to show change rather than starting at zero.

BODY FAT % TREND

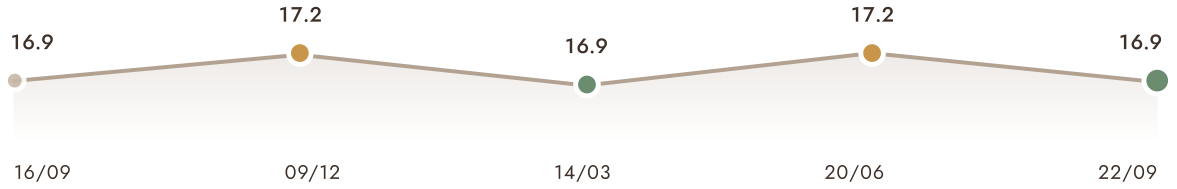
Measured in per cent.



Scale 26.8 to 29.2 %, zoomed to show change rather than starting at zero.

FAT MASS TREND

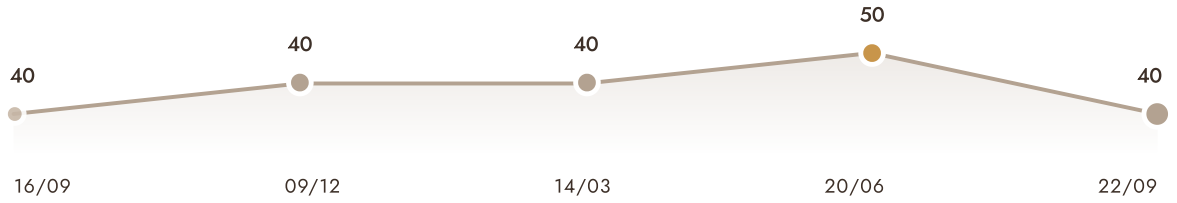
Measured in kg.



Scale 16.4 to 17.7 kg, zoomed to show change rather than starting at zero.

VISCERAL FAT TREND

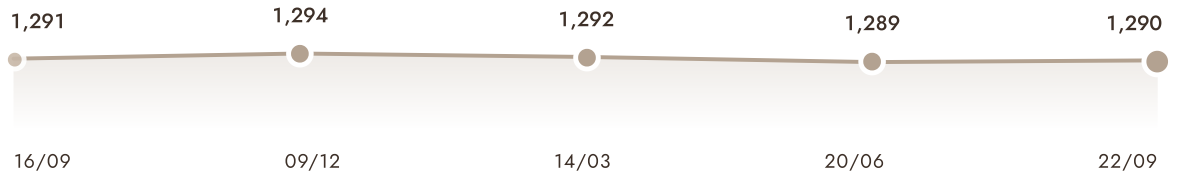
Measured in cm². An estimate, not a direct measurement. Research thresholds are 106 and 163 cm².



Scale 42 to 46 cm², zoomed to show change rather than starting at zero.

BASAL METABOLIC RATE TREND

Measured in kcal per day.



Scale 1,250 to 1,333 kcal, zoomed to show change rather than starting at zero.

MUSCLE & SARCOPENIA SCREENING

Metric	Prev scan	Current	Change
Calf circumference	35.6 cm	35.7 cm	+0.1 cm

Your calf at its widest point, averaged across both legs. It is one of the simplest signs of muscle in your lower body, so here a larger number is the reassuring one.

Mid-arm circumference	27.7 cm	27.9 cm	+0.2 cm

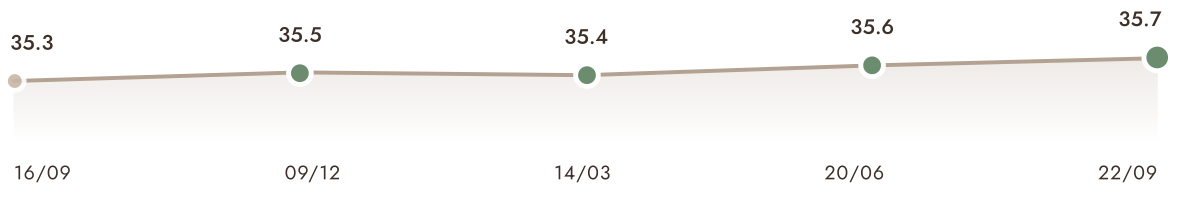
Your upper arm at its fullest point, averaged across both arms. It has long been used as a quick read on muscle and nourishment, so a larger number is generally reassuring.

Thigh circumference	61.9 cm	62.1 cm	+0.2 cm

Your thigh at its fullest point, averaged across both legs. Research links consistently slim thighs to less muscle, and tracking yours across scans shows whether that is changing for you.

CALF CIRCUMFERENCE TREND

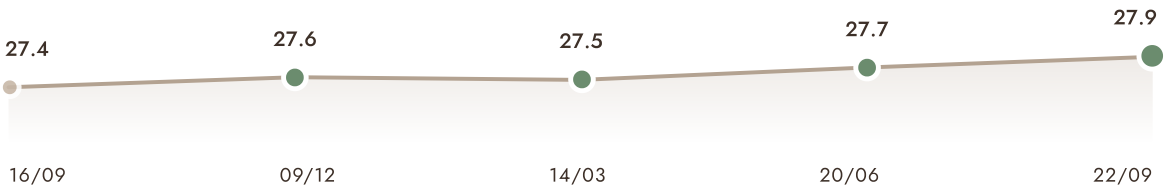
Measured in cm. 33 cm is the AWGS 2019 threshold for women.



Scale 34.3 to 36.8 cm, zoomed to show change rather than starting at zero.

MID-ARM CIRCUMFERENCE TREND

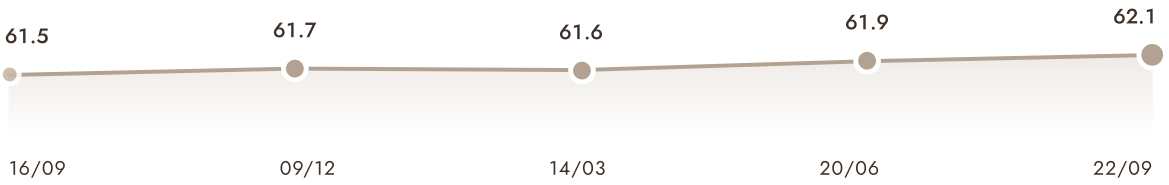
Measured in cm.



Scale 26.6 to 28.7 cm, zoomed to show change rather than starting at zero.

THIGH CIRCUMFERENCE TREND

Measured in cm.



Scale 59.6 to 64.0 cm, zoomed to show change rather than starting at zero.

POSTURE & STRUCTURAL

Metric	Prev scan	Current	Change
Shoulder height diff	0.3 cm	0.3 cm	–

How much higher one shoulder sits than the other. Closer to zero means more level, and tracking it across scans shows whether anything is shifting.

Metric	Prev scan	Current	Change
Trunk-to-leg ratio	2.19	2.19	+0.003

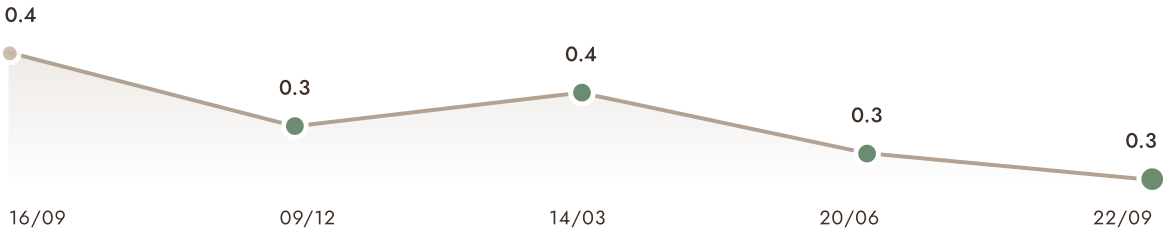
How long your torso is compared with your legs. This is part of your natural build, and comparing it across scans shows whether it is changing over time.

Metric	Prev scan	Current	Change
Leg-length asymmetry	0.2 cm	0.2 cm	–

How much longer one leg measures than the other. Small differences are common and usually harmless, and tracking it across scans is what would show a real change.

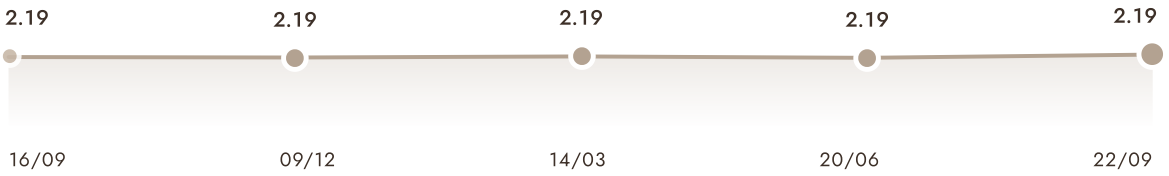
SHOULDER HEIGHT DIFF TREND

Measured in cm.



Scale 0.2 to 0.5 cm, zoomed to show change rather than starting at zero.

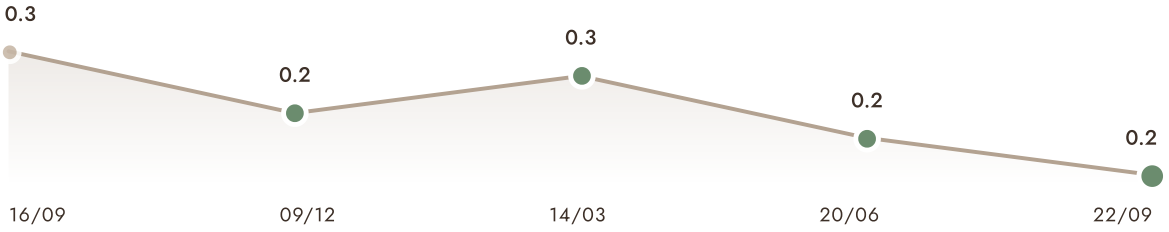
TRUNK-TO-LEG RATIO TREND



Scale 2.12 to 2.26, zoomed to show change rather than starting at zero.

LEG-LENGTH ASYMMETRY TREND

Measured in cm.



Scale 0.2 to 0.3 cm, zoomed to show change rather than starting at zero.

LEFT–RIGHT COMPARISON

UNIQUE TO 3D SCANNING

Metric	Prev scan	Current	Change
Upper arm left–right difference	0.37 cm	0.39 cm	+0.02 cm
Forearm left–right difference	0.31 cm	0.31 cm	–
Thigh left–right difference	0.53 cm	0.53 cm	–
Calf left–right difference	0.31 cm	0.33 cm	+0.02 cm

The difference between your left and right upper arm circumferences. Small differences between sides are common.

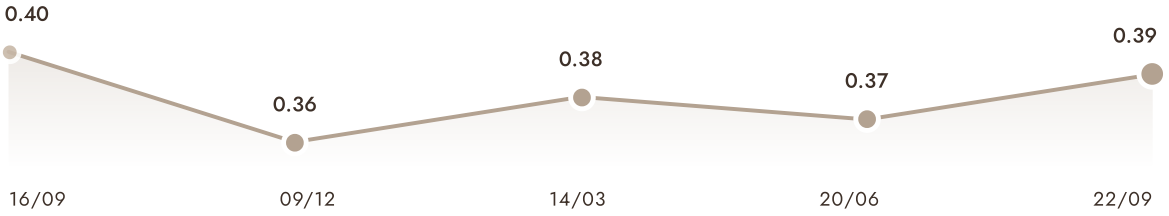
The difference between your left and right forearm circumferences. Small differences between sides are common.

The difference between your left and right thigh circumferences. Small differences between sides are common.

The difference between your left and right calf circumferences. Small differences between sides are common.

UPPER ARM LEFT–RIGHT DIFFERENCE TREND

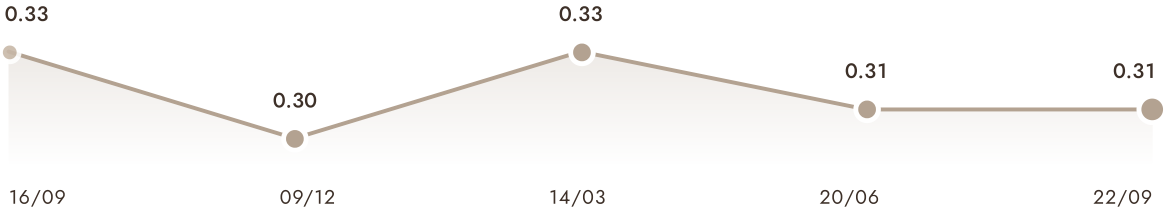
Measured in cm.



Scale 0.35 to 0.41 cm, zoomed to show change rather than starting at zero.

FOREARM LEFT–RIGHT DIFFERENCE TREND

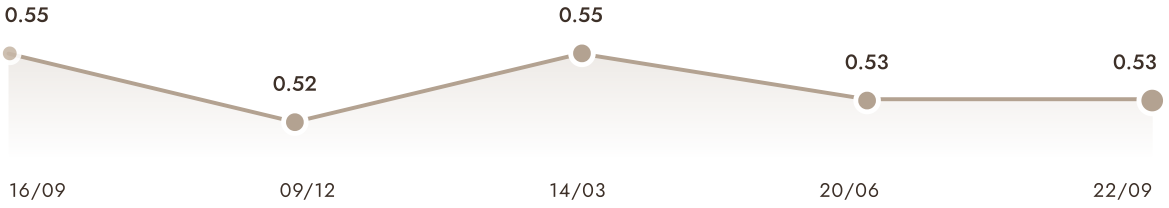
Measured in cm.



Scale 0.29 to 0.34 cm, zoomed to show change rather than starting at zero.

THIGH LEFT–RIGHT DIFFERENCE TREND

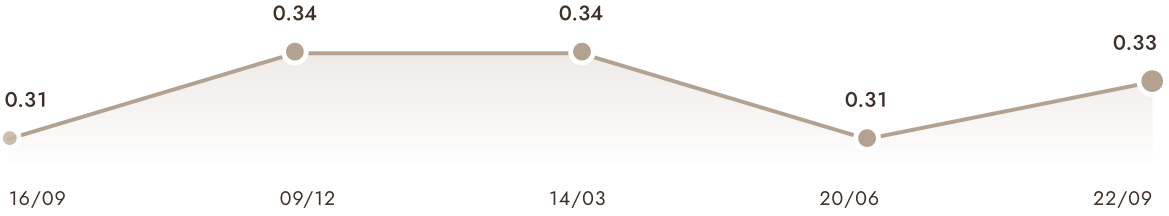
Measured in cm.



Scale 0.50 to 0.57 cm, zoomed to show change rather than starting at zero.

CALF LEFT–RIGHT DIFFERENCE TREND

Measured in cm.



Scale 0.30 to 0.35 cm, zoomed to show change rather than starting at zero.

What this means. This shows where your left–right differences have changed and by how much; it does not determine the reason for the change. Changes can occur for many reasons, including normal measurement variation.

> These are 3D surface circumference measurements. Changes between scans may reflect changes in body size, shape, positioning or normal measurement variation. They cannot tell us whether a change is caused by fluid, swelling, lymphatic function or another medical condition.