



## **New at Chase County Community Hospital!**

### **DEXA Body Composition Testing**

#### **What is it?**

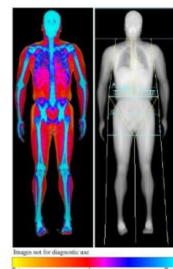
A comprehensive snapshot of your internal body composition. It provides a precise breakdown of your muscle mass, bone density, fat tissue and body fat percentage.

#### **How long does it take?**

Maximum of 30 minutes. Test results are available the same day.

#### **Why should I do this?**

- Customize your diet and training plan to build muscle or improve performance
- Visualize and pinpoint the exact impact of a new plan; down to precise muscle gains and fat loss in specific areas of the body.
- Optimize your program to suit your body's specific physiological response to your plan.
- Work with your provider to identify long-term health risks, including diabetes, cardiovascular disease, hormonal imbalances, and more.



#### **How much does it cost?**

\$40—Insurance does not cover this test. Payment by cash, check or credit card will be required up front before test is performed.

#### **Do I need a provider's order?**

You do not need a provider's order. If you would like your provider to see the results, you will need to schedule an appointment with them as these results will not be available in your medical record.

**Make an appointment by calling 308-882-7240**

Appointments are available on the 2nd Tuesday of every month during our My Health Tuesdays

Wear clothes without metal

Cannot be pregnant

If under the age of 19, you must have a parent's permission