



## DEXA Body Composition Scan

A DEXA (Dual-Energy X-ray Absorptiometry) body composition scan is a non-invasive medical imaging test that measures the body's bone mineral density, body fat percentage, and lean muscle mass.

### PURPOSE

**DEXA scans are used for:**

- Monitoring bone health: Detecting osteoporosis and monitoring its progression
- Assessing body composition: Determining body fat distribution, muscle mass, and overall health
- Evaluating nutritional status: Tracking changes in body weight and composition
- Monitoring weight loss or gain: Measuring fat loss or muscle gain

### PROCEDURE

During a DEXA scan, you lie on a table while a specialized low-dose X-ray machine slowly passes over your body. It emits two different energy levels of X-rays, which are absorbed at different rates by bone, fat, and muscle tissue. This information allows the scanner to accurately calculate the amount of each component in your body.



### RESULTS

The scan results provide a detailed report that includes:

- Bone mineral density (BMD)
- Body fat percentage
- Lean muscle mass
- Regional fat distribution (e.g., trunk, arms, legs)

### BENEFITS

- Non-invasive and painless
- Highly accurate and reliable
- Provides a comprehensive picture of body composition
- Can be used to monitor health and progress over time

### COST AND AVAILABILITY

A DEXA Body Composition Scan is considered an elective, non-medically necessary procedure by most insurance providers. Because it is typically used for wellness, fitness, or preventative purposes rather than for diagnosing or treating a medical condition, it does not meet the criteria for insurance coverage. As a result, patients are responsible for the full cost of the scan.

The cost of the DEXA Body Composition Scan is \$75. If you would like to schedule an appointment, please call 906-341-3262. Appointment times will be available during normal business hours. Once your appointment is set, our Patient Financial Services team will contact you to arrange payment prior to your visit.



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**APPOINTMENTS CAN BE MADE BY CALLING 906-341-3262**



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