Health scan

- [What are the benefits of a Health Scan?](#)

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The healthmov scan does a point in time measurement and analysis of your vital Health Metrics. You can see this analysis within the "My Health" section of the healthmov App.

The Scan is also extremely convenient as it is :

Contactless - No sensor or additional equipment needed. Measurement is taken just like a selfie!

Quick - A measurement only takes 30 seconds

Accurate Results - Measure your general wellness

Tracking - A history of your measurements is saved and you can check your health progress and identify your key risk areas