

SELFLOOPS InBody integration





InBody is a worldwide leader in body composition technology.

The integration brings the InBody body composition data to the SELFLOOPS platform offering you an integrated and comprehensive view of the athlete sports performance and health status.

InBody Setup

In order to enable the integration, the facility must have an InBody Lookin'Body Web account

If you do not have a Lookin'Body Web account, please contact your InBody representative to create an account

An API-KEY is required to enable your InBody account on Selfloops

How to obtain the InBody API Key

To obtain an API Key for your account please visit the following website

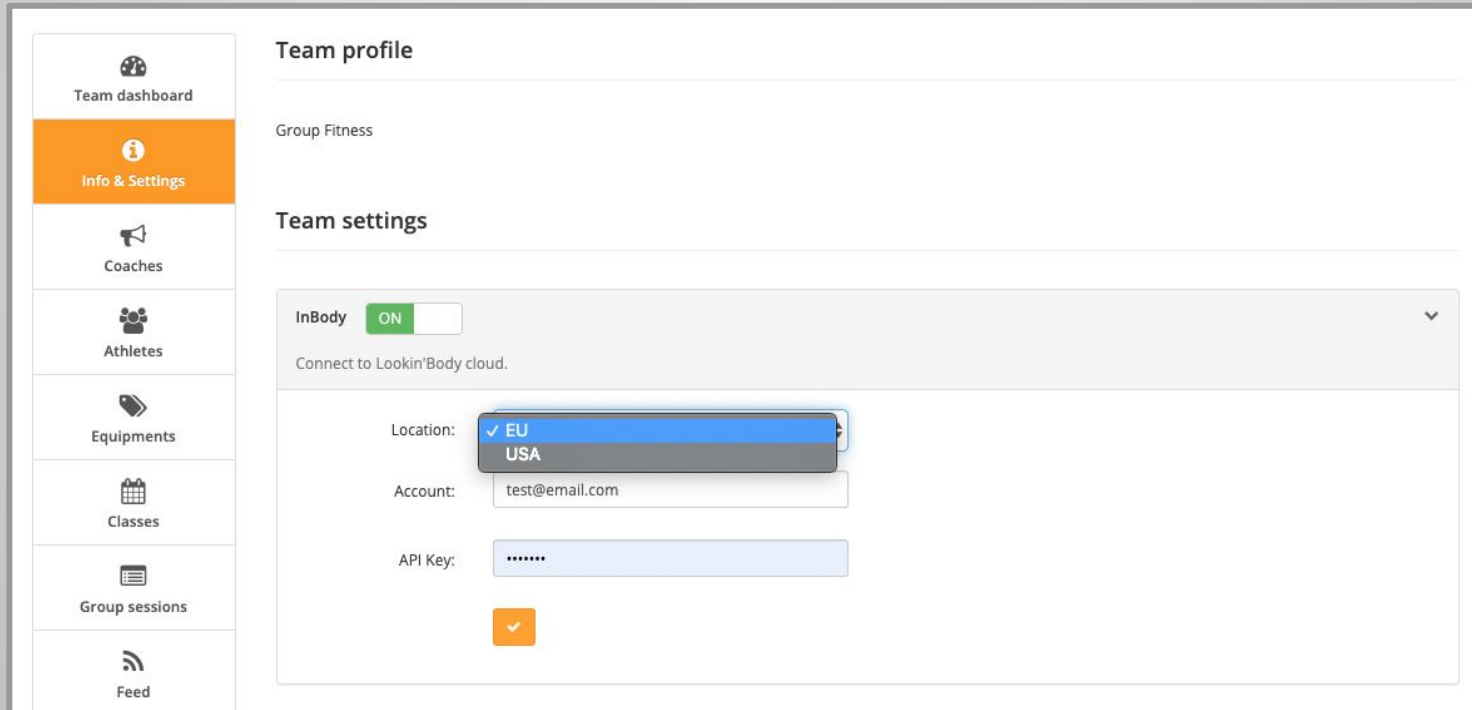
FOR USA <https://apiusa.lookinbody.com/>

FOR EUROPE <https://apieur.lookinbody.com/>

1. Click on the login link located on the top right
2. Enter in the login information. You will need to use your Administrator Login ID and Password for the LookinBody Web site.
3. Click on the tab for API-Key
4. Click on the "Submit" button
5. Your API Key will be displayed in the field above

SELFLOOPS setup - Coach

After logging in on the SELFLOOPS website as a coach, select your team and click on the Info & Settings section and enter your InBody account information



The screenshot displays the SELFLOOPS Coach interface. On the left is a vertical navigation menu with icons and labels: Team dashboard, Info & Settings (highlighted in orange), Coaches, Athletes, Equipments, Classes, Group sessions, and Feed. The main content area is titled 'Team profile' and contains a 'Group Fitness' section. Below this is the 'Team settings' section, which includes an 'InBody' toggle switch set to 'ON'. Underneath the toggle is the text 'Connect to Lookin'Body cloud.' The 'Location' field is a dropdown menu with 'EU' selected and 'USA' as an alternative option. The 'Account' field contains the text 'test@email.com'. The 'API Key' field is a light blue box with seven dots. At the bottom of the settings area is an orange checkmark icon.

SELFLOOPS setup - Athlete

After logging in on the website, the athlete should select from the top right side of the screen

Settings -> Applications

To enable the synchronization, he should choose “connect” and use his #ID, usually it is the telephone number.

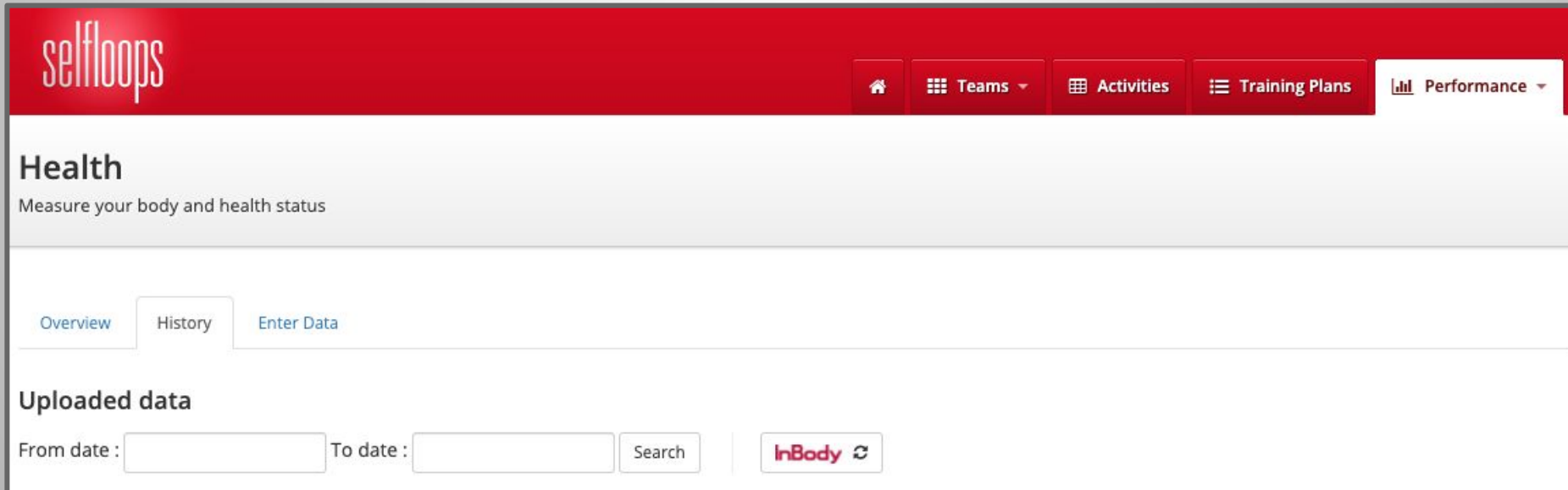
If unsure, he should contact the location where he uses the InBody scale (gym).

The screenshot shows the 'Settings' page of the Selfloops website. On the left, there is a navigation menu with options: Profile, Password, Privacy, Email notifications, Subscriptions, and Applications (highlighted in orange). The main content area is titled 'My applications' and lists several connected services:

- STRAVA**: Connect with Strava to automatically upload your activities. Includes a 'Revoke' button.
- NOKIA HEALTH (Withings)**: Connect with Nokia Health (Withings) to synchronize your data on Selfloops. Includes a 'Revoke' button.
- GARMIN**: Connect with Garmin and your activities will be automatically sent to Selfloops. Includes a 'Revoke' button.
- POLAR**: Connect with Polar Flow and your activities will be automatically sent to Selfloops. Includes a 'Revoke' button.
- CONCEPT2**: Connect with Concept2 Logbook to automatically upload your rowing activities. Includes a 'Revoke' button.
- InBody**: Connect with InBody cloud to synchronize your data. This entry is highlighted with a red box and has a 'Connect' button.

Athlete - data sync

Data are automatically synchronized with Selfloops when you take a new InBody measurement. To manually synchronize the data, go to Performance -> Health select History and press the InBody button



The screenshot shows the Selfloops web application interface. At the top is a red navigation bar with the 'selfloops' logo on the left and a menu on the right containing 'Home', 'Teams', 'Activities', 'Training Plans', and 'Performance'. The 'Performance' menu is expanded, showing a sub-menu with 'Health'. Below the navigation bar, the 'Health' section is active, with the subtitle 'Measure your body and health status'. Underneath, there are three tabs: 'Overview', 'History', and 'Enter Data'. The 'History' tab is selected. Below the tabs, the 'Uploaded data' section is visible, featuring a date range selector with 'From date' and 'To date' input fields, a 'Search' button, and an 'InBody' button with a refresh icon.

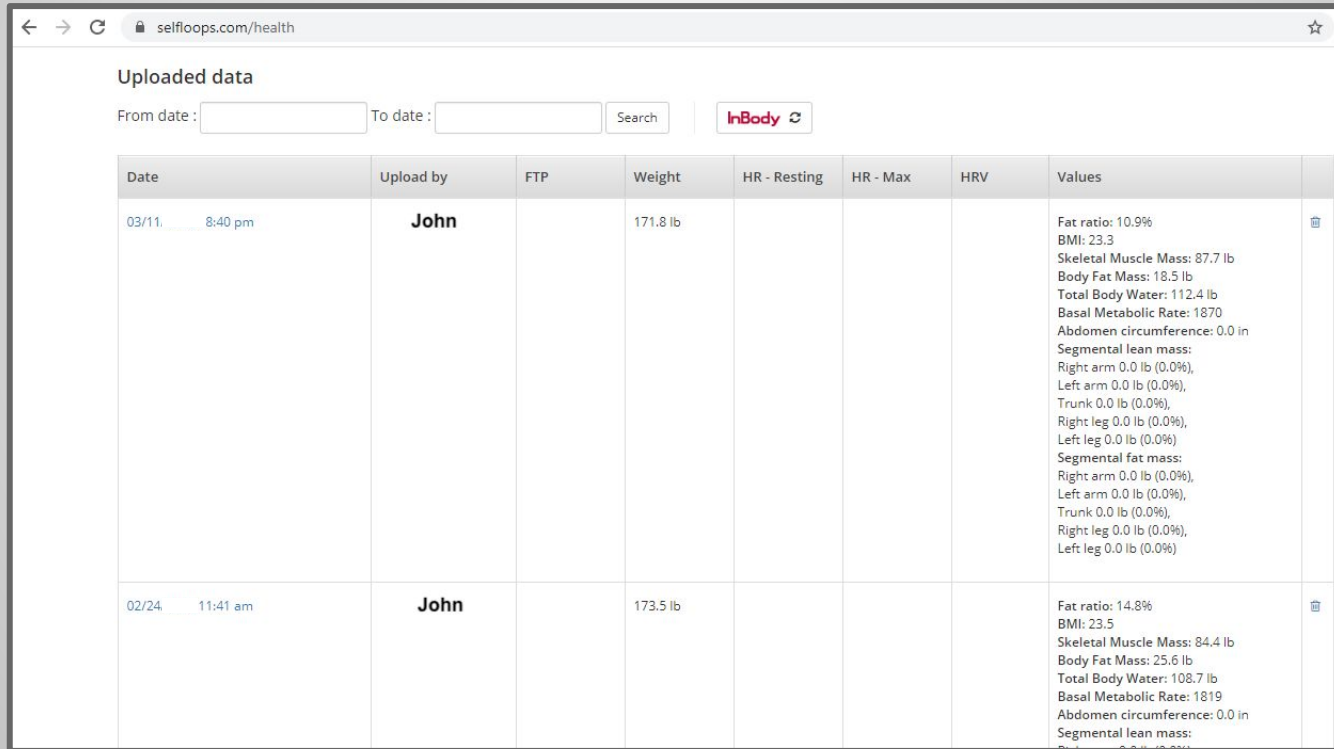
Data visualization

From the athlete account select Performance -> Health



Data visualization - detailed view

From the athlete account select Performance -> Health
Select History



The screenshot shows a web browser window with the URL selfloops.com/health. The page title is "Uploaded data". Below the title, there are input fields for "From date:" and "To date:", a "Search" button, and an "InBody" logo. The main content is a table with the following columns: Date, Upload by, FTP, Weight, HR - Resting, HR - Max, HRV, and Values. The table contains two rows of data, both uploaded by "John".

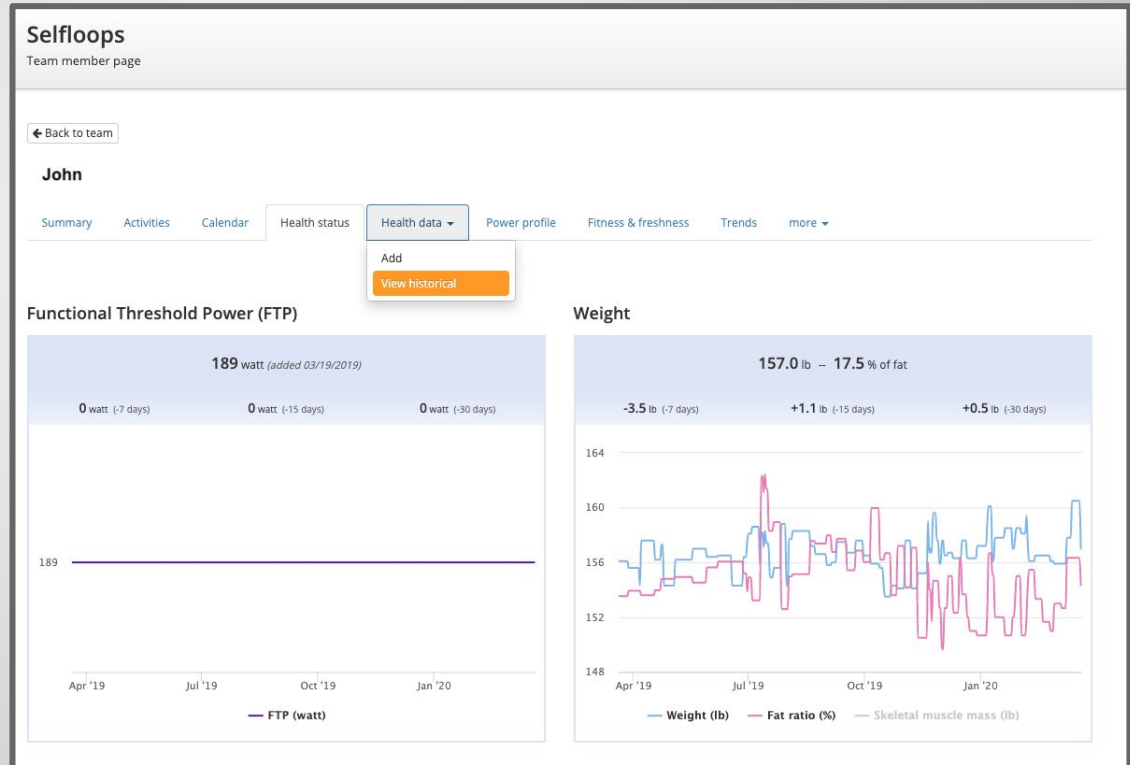
Date	Upload by	FTP	Weight	HR - Resting	HR - Max	HRV	Values
03/11, 8:40 pm	John		171.8 lb				Fat ratio: 10.9% BMI: 23.3 Skeletal Muscle Mass: 87.7 lb Body Fat Mass: 18.5 lb Total Body Water: 112.4 lb Basal Metabolic Rate: 1870 Abdomen circumference: 0.0 in Segmental lean mass: Right arm 0.0 lb (0.0%), Left arm 0.0 lb (0.0%), Trunk 0.0 lb (0.0%), Right leg 0.0 lb (0.0%), Left leg 0.0 lb (0.0%) Segmental fat mass: Right arm 0.0 lb (0.0%), Left arm 0.0 lb (0.0%), Trunk 0.0 lb (0.0%), Right leg 0.0 lb (0.0%), Left leg 0.0 lb (0.0%)
02/24, 11:41 am	John		173.5 lb				Fat ratio: 14.8% BMI: 23.5 Skeletal Muscle Mass: 84.4 lb Body Fat Mass: 25.6 lb Total Body Water: 108.7 lb Basal Metabolic Rate: 1819 Abdomen circumference: 0.0 in Segmental lean mass: Right arm 0.0 lb (0.0%), Left arm 0.0 lb (0.0%), Trunk 0.0 lb (0.0%), Right leg 0.0 lb (0.0%), Left leg 0.0 lb (0.0%)

Data visualization - Coach view

The coach can visualize the data of his own athletes. Select the athlete from the team main dashboard, or search for the athlete in the Athletes section

Health Status to visualize the charts

Health Data -> View Historical to visualize the detailed view



Contacts

SELFLOOPS

<https://www.selfloops.com>

email: support@selfloops.com

