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### **How do I change the settings?**

Press the 'home' button and press the settings icon. Then scroll down and press the 'BMI Calc' settings icon.

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### **What height units does BMI Calc support?**

Meters, Centimeters, Inches and Feet & Inches.

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### **What weight units does BMI Calc support?**

Kilograms, Pounds, Stone & Pounds.

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### **Can I mix different types of units?**

Yes, set the type of units in system preferences. Combine imperial & metric of you want!

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### **What does 'Show BMI Category' do in the settings?**

This will show which category the BMI falls into just underneath the BMI Figure. If the BMI is in the normal range it will show 'Normal'.

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### **What does 'Show BMI Prime' do in the settings?**

This will show the BMI Prime figure at the bottom of the screen, underneath the BMI. BMI Prime is a quick way of telling the percentage a person is overweight. For example if a person has a BMI prime of 1.2 then they are overweight by 20%. The normal range for BMI Prime is from 0.77 (BMI of 18) to 1.0 (BMI of 25).

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### **My BMI shows I'm obese when I'm not overweight!**

BMI is an indicator for sedentary people of average composition and is to be used as a guide rather than an absolute. If you are a very active person with more muscle than average then BMI will not be accurate.

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