

ON OZEMPIC, WEGOVY, OR MOUNJARO

Losing weight on GLP-1? Make sure it's *fat* not muscle.

GLP-1 medications are powerful, but research shows up to 40% of weight lost can come from lean muscle mass. A Bodycomp DEXA scan tells you exactly what's happening inside your body, so you can protect what matters most.

[Book Your Baseline Scan](#)

RECOGNIZED & TRUSTED

The same scans trusted by professional athletes and featured on Netflix

Canada's leader in medical-grade DEXA testing — used by elite sports teams, physicians, and thousands of health-conscious individuals across the Lower Mainland for over 20 years.

NETFLIX — "You Are What You Eat"

TRUSTED BY THE BC LIONS

THE PROBLEM NO ONE TALKS ABOUT

The scale is going down. But is it the right kind of weight?

GLP-1 drugs like Ozempic, Wegovy, and Mounjaro reduce appetite dramatically — leading to rapid weight loss. But without the right data and strategy, a significant portion of that loss can come from your muscle and bone, not just fat. Losing muscle slows your metabolism, weakens your body, and can undermine your long-term health — even if the number on the scale looks good.

DEXA DETECTS MUSCLE LOSS

TRACK EVERY 3-6 MONTHS

HOW DEXA KEEPS YOUR GLP-1 JOURNEY ON TRACK

See exactly what you're losing — and protect the rest

A single DEXA scan gives you a precise breakdown of your fat, muscle, and bone — so you and your care team can make smarter decisions about nutrition, protein intake, and resistance training throughout your medication journey.

Establish your baseline

Scan before or early in your GLP-1 journey to know exactly where you're starting — muscle, fat, bone, and visceral fat included

Monitor muscle retention

Follow-up scans every 3-6 months reveal whether your protein intake and exercise plan are preserving your lean mass as you lose weight

Track visceral fat reduction

GLP-1s are especially effective at reducing dangerous fat around your organs — DEXA quantifies this precisely, showing your true metabolic progress

Protect your bone density

Rapid weight loss can accelerate bone loss. Full-body bone density scans give you and your doctor the data to act before it becomes a problem

THE NUMBER YOUR DOCTOR ISN'T CHECKING

MUSCLE-TO-FAT RATIO

Your scale weight is the least important number right now

Most people on GLP-1 medications are weighed and monitored by their prescribing physician — but weight alone tells you nothing about body composition. Two patients can lose the same 20 lbs with very different outcomes: one loses 20 lbs of fat, the other loses 10 lbs of fat and 10 lbs of muscle. Only a DEXA scan can tell you which category you're in.

Our recommendation: Scan before starting your medication, then again every 3-6 months. Share your results with your prescriber, dietitian, or personal trainer to optimize your protein targets and resistance training plan.

HEADS UP — CHECK YOUR BENEFITS

WSA / HSA ELIGIBLE

Your DEXA scan may be covered by your Wellness Spending Account

If your employer offers a Wellness Spending Account (WSA) or Health Spending Account (HSA), your Bodycomp DEXA scan may qualify as an eligible expense. Many extended benefit plans now include preventive health services like body composition testing.

What to do: Check your plan documents or contact your HR or benefits provider to confirm whether DEXA body composition scans are covered. We're happy to provide a receipt or documentation to support your claim.

"It feels like unlocking a fitness cheat code to have this knowledge. I highly recommend it to anyone who's serious about getting their health in order."

— Mathew, Bodycomp Client

Know what your GLP-1 is actually doing

Scans take under 15 minutes. Results reviewed with you on the spot.
No referral needed — anyone can book.

[Book Your Baseline DEXA Scan](#)

AFFILIATE SPOTLIGHT

Gravity Health

MAY SPOTLIGHT

Naturopathic care that goes further than your GP

Gravity Health Clinics in Vancouver takes a science-driven, root-cause approach to your health. Founded by naturopathic doctors passionate about education and results, they treat everything from hormones and gut health to longevity medicine and IV therapy — and they actually run the tests your GP wouldn't. A Bodycomp DEXA Scan is part of their testing.

Women's & Men's Health Weight Management IV Therapy
Gut Health Longevity Medicine Lab Testing

Vancouver: Fairmont Medical Building, 750 W Broadway St., #903 · Direct billing available for most major insurers

[Visit Gravity's Website](#)

BODYCOMP LOCATIONS

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