



Withings Body Scan

Withings Body Scan is useful for frequent, directional tracking at home, but it is not a true replacement for DEXA if you care about small, absolute changes in lean mass.^{[1] [2]}

How accurate is it?

- Withings' internal study reports a very high correlation with DEXA for *total fat mass* ($r \approx 0.99$), which is impressive but speaks mainly to group-level correlation, not ± 1 lb precision for an individual over time.^[1]
- Independent analyses of similar Withings BIA devices show good weight accuracy but body-fat deviations averaging around 10% vs DEXA, with $\pm 4\%$ test-retest variation in body-fat readings.^{[3] [4]}
- In practice, BIA scales are much more sensitive to hydration, recent training, food, and glycogen status than DEXA, so day-to-day noise can easily exceed a "1.2 lb lean mass change."^[2]

Body composition vs DEXA

- DEXA directly measures tissue densities via low-dose X-ray and is still the clinical gold standard for regional muscle, visceral fat, and bone.^[2]
- Body Scan uses multi-frequency BIA with 8 electrodes (feet + handle) to estimate segmental fat and lean mass; this is more sophisticated than 4-electrode bathroom scales but still model-driven estimation.^{[1] [5]}
- Withings' own materials emphasize that Body Scan is ideal for *trend* monitoring, while DEXA remains superior for precise baselines and fine changes in regional muscle or bone.^[2]

What you actually get from Body Scan

- Metrics: weight, total body fat %, muscle mass (kg or lb), bone mass, total body water %, a visceral fat index, BMR, plus segmental composition by arms/legs/torso.^{[5] [6]}
- Cardiovascular features: standing HR, vascular age and (in EU) pulse wave velocity, both validated against reference methods but explicitly marketed as wellness indicators, not diagnostic tools.^{[7] [6]}
- It syncs automatically and lets you see multi-month trends, which is where it becomes genuinely valuable for recomposition tracking and catching directional shifts.^{[3] [5]}

Is it worth it for you?

Given your 2-hour drive to Body Spec and the emotional noise from single annual DEXAs, a Body Scan is reasonable if you treat it as:

- A trend tool: same time of day, fasted, post-void, standardized conditions, then focus on 3-6-month trajectories, not week-to-week bumps.^[2] ^[3]
- A trigger for “real” imaging: if the scale shows a sustained downward drift in lean mass or upward drift in visceral-fat index over months despite stable weight and training, *then* it’s a cue to repeat DEXA earlier.

If what’s bothering you is a reported ~1 lb lean-mass shift on DEXA, the measurement error of both DEXA and BIA is larger than that, so neither modality can meaningfully resolve such a small change in an individual.^[8] ^[2]

If you tell me your main priority (muscle preservation, visceral fat, vascular markers), I can sketch a minimal measurement cadence (DEXA + Body Scan) that avoids tailspins but still flags real trends.



1. <https://www.withings.com/us/en/blog/research/body-scan-dexa-scan-reliability>
2. https://www.bodyspec.com/blog/post/withings_scale_vs_dexa_which_is_best_for_you
3. <https://medgrade.org/compare/?device1=619&device2=455>
4. <https://www.semanticscholar.org/paper/Withings-Body-Cardio-Versus-Gold-Standards-of-and-Collier-McCr aw/45c4836c3c8f4c6988d05e10babbc1fdfb471b0e>
5. <https://www.withings.com/us/en/body-scan/black/shop>
6. <https://www.apple.com/shop/product/hqyp2zm/a/withings-body-scan-connected-health-station-smart-scale>
7. <https://support.withings.com/hc/ja/articles/10267301958545-Body-Scan-Vascular-Age-and-Pulse-Wave-Velocity>
8. <https://www.rapamycin.news/t/hiv-drug-maraviroc-reverses-muscle-aging-by-purging-zombie-cell-signals/22793/226>
9. <https://support.withings.com/hc/fr/community/posts/40238573980177>
10. https://www.reddit.com/r/withings/comments/18ca6m8/my_body_scan_vs_dexa_scan_readings_today/
11. <https://support.withings.com/hc/en-us/community/posts/11152601321105-Body-Scan-studies-on-body-composition-vs-DEXA>
12. <https://www.youtube.com/watch?v=Rv5N5qJt2WE>
13. https://www.reddit.com/r/withings/comments/1pkvnck/dexa_vs_withings/
14. <https://www.withings.com/us/en/landing/body-scan-2>
15. <https://support.withings.com/hc/en-us/community/posts/32061818342161-Consistently-inaccurate-body-composition-measurements>

16. <https://support.withings.com/hc/en-us/articles/31567793622929-Body-Scan-Body-Composition-Accuracy-Issues>