

Yi Assessment Tool

AN ALTERNATIVE TO BIOMETRIC SCREENINGS

The Yavari Indicator (Yi) is a non-invasive assessment tool that determines an individual's likelihood of having Metabolic Syndrome and/or diabetes. It is a scientifically validated and published proprietary algorithm.

How It Works:

An individual's age, gender, height, weight, hip and waist measurements are entered into the Yi assessment tool. The output provides a percentage showing the probability of having Metabolic Syndrome and/or diabetes. Additionally, Yi accurately estimates total body fat, abdominal fat, muscle mass, resting burn rate, and more.

Yi is often measured during annual health fairs or regular clinic visits. A baseline measurement can be taken to identify eligibility for the Restore program. Yi can then be self-reported throughout the program to measure changes in risk for Metabolic Syndrome.

Why Use Yi:

Utilizing Yi will allow individuals and organizations to assess risk at a certain point in time for individuals as well as populations. Unlike traditional health risk assessments and biometric screenings that include blood work, Yi is quick, completely non-invasive, and cost effective. Changes in Yi measurements are used to determine the efficacy of health and wellness programs.

Who Invented It:

Dr. Reza Yavari, MD is Zillion's Chief Medical Advisor and the creator of the Yavari Indicator. He is a board-certified endocrinologist trained at the Yale School of Medicine and practices at Yale New Haven Health as well as Beyond Care, a leading lifestyle management practice which he founded in 2000. Dr. Yavari is a published author and frequent guest of national TV and radio broadcasts.