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## Offering Weight Management Tools

### MedGem

Metabolism is the number of calories your body burns per day. The MedGem uses indirect calorimetry to assess your resting metabolic rate (RMR) which accounts for about 75% of your total daily metabolism. The MedGem measures the amount of oxygen your body uses and determines your metabolism in calories/day. Knowing your metabolism will allow your dietitian to determine a nutrition plan unique to your individual body.