



## Steps To Complete a HairCheck for the HairCoach

### Step 1: Set up for HairCheck

NOTE: The HairCheck kit comes with all the components for performing a HairCheck except the hair clips, rattail comb, and swabs, which can be purchased a variety of stores.

- Lay out on a table or a tray the HairCheck device, HairCheck cartridges (3), glasses along with white plastic numbered tabs, ink pad and the marking template, rattail comb, clips, tape, cotton swabs with alcohol and a patient chart or other document system to record your HairCheck numbers.
- Make sure you record the date of the exam, patient's or client's name, and the initials of the persons performing the HairCheck.
- Assemble the HairCheck device by attaching the Haircheck cartridge to the device, then turn the cartridge so that it locks into place. You will hear it click.
- Place the calibration key into the slit of the cartridge and squeeze the device in the middle of the handle.
- Holding your grip on the device, you will then press the "zero" button to calibrate and gently release your grip on the handle to open the device.
- Remove the calibration key and remove the black plastic safety tab in the cartridge. Your device is now calibrated and the HairCheck device is ready to use.

### Step 2: Marking the Scalp

- Part the hair of the patient down the middle of their scalp.
- Ask the patient to place the glasses on their face (place on the bridge of the nose where their glasses normally sit) and have them hold the arms of the glasses on each side so they do not come up off the bridge of their nose.
- Ensure the length of the white plastic piece (with the numbered tabs) is aligned directly down the center of the patient's head



while you identify the appropriate locations you are going to measure.

- NOTE: Since all hair loss patterns aren't the same it is important to examine the patient's hair and determine what areas should be measured. The basic areas to measure are the occipital, crown, frontal and oftentimes the temple area. The exact areas measured will vary depending on the individual's hair loss pattern.
- To mark the section for measurement, press the stamp onto the inkpad and then gently press it over the tab number selected for that area and press it into the patient's scalp making sure you can see the four pin-point markings.
- Perform the above step starting in the occipital area focusing on the most dense area as the "control" then moving forward into the crown, mid-scalp, front, and temples focusing on the least dense areas where treatment is most needed.
- Record the tab numbers in the patient's chart or paperwork.

### Step 3: Measuring the Areas

- Once all of the areas to be measured have been marked, have the patient remove the glasses and begin your measurements from the back of the head towards the front.
- Upon locating the four ink dots section off the bundle of hair to measure using the rattail comb for precision. For accuracy, use the paper tape or hair clips to anchor down any hair strands *outside* of the bundle.
- Once you have the bundle of hair sectioned off, gather the bundle between your fingers. Give the bundle a slight twist to ensure you include every hair fiber within the section.
- Take the HairCheck device and slip the bundle of hair into the cartridge end and position the device so that you can visualize the HMI measurement (be able to see the read-out window of the device).
- Make sure you are measuring as close to the scalp as you can (approximately 1/4" from the scalp).



- Angle the device slightly upwards at a 45-degree angle and squeeze the handle. Let the patient know they will hear a clicking sound.
  - NOTE: The reading will display momentarily but will disappear once you release your grip on the device so remember that number!
- Record the HMI number that was displayed on the screen associated with that tab #.
- Repeat process for all areas to be measured.

#### Step 4: Determining Hair Mass Index (HMI)

- Determine the percentage of loss by dividing the “control” which is the largest reading that was measured (normally the occipital area but not always) into each next measurement and determine the percentage of loss.
- To calculate percentage loss: First work out the difference (decrease) between the two numbers you are comparing. Then divide the decrease by the original number and multiply the answer by 100.
- Example HairCheck:  
Occipital =90  
Vertex=60 → 33% loss compared to vertex (90-60=30, then 30/90 X 100)  
Frontal=40 → 55% loss compared to vertex (90-40=50, then 50/90 X100)
- If your answer is a *negative* number then this is percentage increase. The desired goal when treating hair loss is stabilization of the process or a percentage increase in HMI. An HMI increase or stabilization (HMI remaining the same) has been seen many times upon rechecking the HMI 90 days or more post-hair regrowth treatment.