

BODY MASS INDEX

What is Body Mass Index?

Body Mass Index (BMI) measures your weight in relation to your height. BMI is one way to tell if you are at a healthy weight, overweight, or obese.



What is Your BMI?

To check your BMI, use the chart on the other side of this card. You will need to know your current height and weight.

What Does Your BMI Mean?

- Healthy Weight = 18.5 – 24.9
- Overweight = 25 – 29.9
- Obese = 30 or greater

Why is a Healthy Weight Important?

Being overweight or obese may increase your risk for a number health issues, including:

- Heart disease and stroke
- Kidney disease
- High blood pressure
- Certain cancers



How Can You Achieve a Healthy Weight?

- Talk with your doctor about your BMI and a sensible weight loss goal. It is important to review changes in your eating habits with your doctor.
- Make healthy food choices. Include fruits, vegetables, whole grains, low-fat dairy, lean meats, fish, eggs and beans in your daily diet.
- Stay physically active. Health Options recommends that you speak with your doctor about creating a physical activity plan that is right for you before starting any exercise program.
- Use the phone number on the back of your Health Options membership card to call Member Services. We can help find resources to support your goals!
- Be patient. Set realistic goals and reward yourself when you reach them to stay motivated.

To Use the BMI Chart:

1 Find your height in the left-hand column

2 Follow it over until you find your weight

3 The number at the top of the column is your BMI

BMI		19	20	21	22	23	24	25	26	27	28	29	30
CLOSEST WEIGHT (POUNDS)													
HEIGHT	4'10"	91	96	100	105	110	115	119	124	129	134	138	143
	4'11"	94	99	104	109	114	119	124	128	133	138	143	148
	5'0"	97	102	107	112	118	123	128	133	138	143	148	153
	5'1"	100	106	111	116	122	127	132	137	143	148	153	158
	5'2"	104	109	115	120	126	131	136	142	147	153	158	164
	5'3"	107	113	118	124	130	135	141	146	152	158	163	169
	5'4"	110	116	122	128	134	140	145	151	157	163	169	174
	5'5"	114	120	126	132	138	144	150	156	162	168	174	180
	5'6"	118	124	130	136	142	148	155	161	167	173	179	186
	5'7"	121	127	134	140	146	153	159	166	172	178	185	191
	5'8"	125	131	138	144	151	158	164	171	177	184	190	197
	5'9"	128	135	142	149	155	162	169	176	182	189	196	203
	5'10"	132	139	146	153	160	167	174	181	188	195	202	207
	5'11"	136	143	150	157	165	172	179	186	193	200	208	215
	6'0"	140	147	154	162	169	177	184	191	199	206	213	221
	6'1"	144	151	159	166	174	182	189	197	204	212	219	227
	6'2"	148	155	163	171	179	186	194	202	210	218	225	233
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	