

If you're ready for a new approach to health care, we can help.

We're here to help you maximize your health care dollars and improve your quality of life.

To learn more about how we can help, log on to the Wellness Center through [BlueAccess](#).

KNOW YOUR HEALTHY WEIGHT GOALS

BlueCross BlueShield of Tennessee

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-565-9140 (TTY: 1-800-848-0298).

معلومات: إذا كنت تتحدث إحدى اللغات، فإن خدمات المساعدة اللغوية تتوفر لك مجاناً. اتصل برقم 1-800-565-9140 (رقم هاتف الصم والبكم: 1-800-848-0298).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-565-9140 (TTY:1-800-848-0298)。

WHAT'S YOUR BMI?

The path to wellness begins with making smart decisions about your nutrition, health and lifestyle. If you're looking for a starting point, consider stepping on the scale to evaluate your body mass index (BMI).

WHAT YOUR BMI SCORE MEANS

Less than 18.5	Underweight
Between 18.5 and 25	Normal weight
Between 25 and 29	Overweight (your risk goes up)
Between 30 and 39	Obese (your risk is even greater)
40 and Above	Extreme Obesity (your risk is even greater)



WANT TO CHANGE YOUR SCORE?

If your BMI is 30 or more, losing some weight can help you stay healthy. If your BMI is 25 or more, and you have two or more of the risk factors listed on the next page, losing weight can prevent further problems. Losing just 5 to 10 percent of your body weight can have a significant positive impact on your health.

Talk to your doctor. Discuss your weight and health risks. Additionally, you can log in to the Member Wellness Center through BlueAccessSM where you'll find trackers, coaching opportunities and self-directed courses that can help you succeed.

WHAT IS A HEALTHY WEIGHT?

According to national guidelines, a healthy weight depends on three factors:

- Your BMI
- Your waist measurement, and
- Your risk factors for obesity-related diseases and conditions

RISK 1 BMI

BMI measures weight against height. It can be an accurate gauge of total body fat, which is related to the risk of diseases like high blood pressure and type 2 diabetes. BMI scores are usually accurate – but may overestimate body fat in athletes and very muscular people, and underestimate body fat in seniors and those who've lost muscle mass.

RISK 2 WAIST MEASUREMENT

Check your waist size by snugly wrapping a measuring tape around your waist. Waist size is a good indicator of your abdominal fat. Your health risk increases with a waist measurement of more than 35 inches in women and more than 40 inches in men.

RISK 3 OTHER RISK FACTORS

Combining the two measurements shows your risk for developing obesity-associated diseases. Additional risk factors include:

- High blood pressure
- Low HDL-cholesterol
- High blood sugar
- Physical inactivity
- High LDL-cholesterol
- High triglycerides
- Family history of premature heart disease
- Cigarette smoking

You can learn more about your specific health risks by taking the Personal Health Assessment at in the Member Wellness Center at bcbst.com/member.



FIND YOUR HEIGHT in the left column then move across the row to **YOUR WEIGHT**. The number at the top of the column is your BMI for that weight and height.

BMI	NORMAL						OVERWEIGHT					OBESE								EXTREME OBESITY																
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
HEIGHT	WEIGHT																																			
58"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*.