

## BODY MASS INDEX TABLE

$$\text{BMI} = \left\{ \frac{\text{Weight (pounds)}}{\text{Height (inches)}^2} \right\} \times 703$$

### Weight in Pounds

Height in Feet and Inches	Weight in Pounds													
	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'6	29	31	34	36	39	41	43	46	48	51	53	56	58	60
4'8	27	29	31	34	36	38	40	43	45	47	49	52	54	56
4'10	25	27	29	31	34	36	38	40	42	44	46	48	50	52
5'0	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'0	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4	15	16	17	18	20	21	22	23	24	26	27	28	29	30
6'6	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8	13	14	15	17	18	19	20	21	22	23	24	25	26	28

	Underweight
	Healthy Weight
	Overweight
	Obese

### DETAILS:

By May 31, the group administrator (GA) of ACME Company, a small employer group, will enroll in the Healthy Lifestyle Rebate program the employees who have joined a wellness program of their choice. The GA records the total number of ACME Company employees who are covered by CHP and the total number of those employees who will be participating by reporting their healthy lifestyle status.

The GA is required to maintain on file, subject to audit, employee health verification forms, signed by the each employee and a health care professional, attesting to the employee's BMI. The GA attests (on the enrollment form) that the documentation is on file.

By January 31 of the following year, the GA will submit a *Rebate Request* noting the total number of ACME employees who are covered by CHP, and their beginning as well as ending status. At least 50% of employees covered by CHP must report their healthy lifestyle status to their employer for the company to qualify for a rebate.