

Height/Weight Guidelines

FEMALE		MONTHLY CONTRIBUTION INCREASE			
Height	Weight (lb.)	\$15.00	\$30.00	\$45.00	\$60.00
4' 10"		150-159	160-169	170-179	180-189
4' 11"		155-164	165-174	175-184	185-194
5' 0"		160-169	170-179	180-189	190-199
5' 1"		165-174	175-184	185-194	195-204
5' 2"		170-179	180-189	190-199	200-209
5' 3"		175-184	185-194	195-204	205-214
5' 4"		180-189	190-199	200-209	210-219
5' 5"		185-194	195-204	205-214	215-224
5' 6"		190-199	200-209	210-219	220-229
5' 7"		195-204	205-214	215-224	225-234
5' 8"		200-209	210-219	220-229	230-239
5' 9"		205-214	215-224	225-234	235-244
5' 10"		210-219	220-229	230-239	240-249
5' 11"		215-224	225-234	235-244	245-254
6' 0"		220-229	230-239	240-249	250-259
6' 1"		225-234	235-244	245-254	255-264
6' 2"		230-239	240-249	250-259	260-269
6' 3"		235-244	245-254	255-264	265-274
6' 4"		240-249	250-259	260-269	270-279
6' 5"		245-254	255-264	265-274	275-284
6' 6"		250-259	260-269	270-279	280-289
6' 7"		255-264	265-274	275-284	285-294
6' 8"		260-269	270-279	280-289	290-299

MALE		MONTHLY CONTRIBUTION INCREASE			
Height	Weight (lb.)	\$15.00	\$30.00	\$45.00	\$60.00
4' 10"		130-139	140-149	150-159	160-169
4' 11"		145-154	155-164	165-174	175-184
5' 0"		170-179	180-189	190-199	200-209
5' 1"		175-184	185-194	195-204	205-214
5' 2"		180-189	190-199	200-209	210-219
5' 3"		185-194	195-204	205-214	215-224
5' 4"		190-199	200-209	210-219	220-229
5' 5"		195-204	205-214	215-224	225-234
5' 6"		200-209	210-219	220-229	230-239
5' 7"		205-214	215-224	225-234	235-244
5' 8"		210-219	220-229	230-239	240-249
5' 9"		215-224	225-234	235-244	245-254
5' 10"		220-229	230-239	240-249	250-259
5' 11"		225-234	235-244	245-254	255-264
6' 0"		230-239	240-249	250-259	260-269
6' 1"		235-244	245-254	255-264	265-274
6' 2"		240-249	250-259	260-269	270-279
6' 3"		245-254	255-264	265-274	275-284
6' 4"		250-259	260-269	270-279	280-289
6' 5"		255-264	265-274	275-284	285-294
6' 6"		260-269	270-279	280-289	290-299
6' 7"		265-274	275-284	285-294	295-304
6' 8"		270-279	280-289	290-299	300-309

Notes

- › Applicants whose weight exceeds the \$60.00 increase limit are not eligible for the membership.
- › If at anytime Altrua HealthShare is notified that your weight has increased or was submitted incorrectly, a height/weight increase will be added to your monthly contribution.
- › Altrua HealthShare offers a health and wellness program to assist prospective applicants with meeting and maintaining the required membership Height/Weight Guidelines.