

Height/Weight Guidelines

FEMALE		MONTHLY CONTRIBUTION INCREASE				
HEIGHT	WEIGHT (lb)	\$15.00	\$30.00	\$45.00	\$60.00	\$100.00
4' 10"	WEIGHT (lb)	130-139	140-149	150-159	160-169	170+
4' 11"		145-154	155-164	165-174	175-184	185+
5' 0"		160-169	170-179	180-189	190-199	200+
5' 1"		165-174	175-184	185-194	195-204	205+
5' 2"		170-179	180-189	190-199	200-209	210+
5' 3"		175-184	185-194	195-204	205-214	215+
5' 4"		180-189	190-199	200-209	210-219	220+
5' 5"		185-194	195-204	205-214	215-224	225+
5' 6"		190-199	200-209	210-219	220-229	230+
5' 7"		195-204	205-214	215-224	225-234	235+
5' 8"		200-209	210-219	220-229	230-239	240+
5' 9"		205-214	215-224	225-234	235-244	245+
5' 10"		210-219	220-229	230-239	240-249	250+
5' 11"		215-224	225-234	235-244	245-254	255+
6' 0"		220-229	230-239	240-249	250-259	260+
6' 1"		225-234	235-244	245-254	255-264	265+
6' 2"		230-239	240-249	250-259	260-269	270+
6' 3"		235-244	245-254	255-264	265-274	275+
6' 4"		240-249	250-259	260-269	270-279	280+
6' 5"		245-254	255-264	265-274	275-284	285+
6' 6"	250-259	260-269	270-279	280-289	290+	
6' 7"	255-264	265-274	275-284	285-294	295+	
6' 8"	260-269	270-279	280-289	290-299	300+	

SUBJECT TO LIFETIME LIMITATIONS

MALE		MONTHLY CONTRIBUTION INCREASE				
HEIGHT	WEIGHT (lb)	\$15.00	\$30.00	\$45.00	\$60.00	\$100.00
4' 10"	WEIGHT (lb)	150-159	160-169	170-179	180-189	190+
4' 11"		155-164	165-174	175-184	185-194	195+
5' 0"		170-179	180-189	190-199	200-209	210+
5' 1"		175-184	185-194	195-204	205-214	215+
5' 2"		180-189	190-199	200-209	210-219	220+
5' 3"		185-194	195-204	205-214	215-224	225+
5' 4"		190-199	200-209	210-219	220-229	230+
5' 5"		195-204	205-214	215-224	225-234	235+
5' 6"		200-209	210-219	220-229	230-239	240+
5' 7"		205-214	215-224	225-234	235-244	245+
5' 8"		210-219	220-229	230-239	240-249	250+
5' 9"		215-224	225-234	235-244	245-254	255+
5' 10"		220-229	230-239	240-249	250-259	260+
5' 11"		225-234	235-244	245-254	255-264	265+
6' 0"		230-239	240-249	250-259	260-269	270+
6' 1"		235-244	245-254	255-264	265-274	275+
6' 2"		240-249	250-259	260-269	270-279	280+
6' 3"		245-254	255-264	265-274	275-284	285+
6' 4"		250-259	260-269	270-279	280-289	290+
6' 5"		255-264	265-274	275-284	285-294	295+
6' 6"	260-269	270-279	280-289	290-299	300+	
6' 7"	265-274	275-284	285-294	295-304	305+	
6' 8"	270-279	280-289	290-299	300-309	310+	

SUBJECT TO LIFETIME LIMITATIONS

› Applicants whose weight falls into the 5th tier are subject to a \$100 monthly contribution increase and lifetime limitations until they can achieve a weight that is below the 5th tier.

› If at anytime Altruia HealthShare is notified that your weight has increased or was submitted incorrectly, a height/weight increase will be added to your monthly contribution.

› Altruia HealthShare offers a health and wellness program to assist prospective applicants with meeting and maintaining the required membership Height/Weight Guidelines.