

How do you measure up?



Get the answer with body fat analysis

- Know your body mass index (BMI). Multiply your weight by 703, divide by height in inches, and divide again by height in inches. Values from 18.5 to 24.9 are considered healthful.*
- Avoid having a high-risk waistline — more than 35 inches for women and 40 inches for men.
- Reduce your intake of excess calories, saturated fat and cholesterol.
- Maintain a healthy weight to lower your risk for high blood pressure, high blood cholesterol, diabetes and heart disease.*

Check your benefits booklet to determine if your health plan coverage pays for this type of screening.



**BlueCross BlueShield
of Illinois**

*American Heart Association

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