



Watch for curves



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Too much body fat, or obesity, is recognized as a major risk factor in developing a number of life-threatening diseases and conditions.*

Some of them include coronary heart disease, diabetes, high cholesterol and high blood pressure. That's why it's important to know your body mass index (BMI), a measurement tool that accesses body weight relative to height.** Calculating your BMI is a better way to determine your health risks than simply using your bathroom scale or standard height and weight tables. You should also avoid having too much body fat in your waist area since it can increase your health risks.

If you think your weight is taking a wrong turn, do a body fat analysis to learn your BMI. You'll soon be on the road to good health.

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

*American Heart Association

**To calculate your 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.

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