

**Altrua HealthShare Height and Weight Guidelines**

Female					Male				
Height	\$15 Increase	\$30 Increase	\$45 Increase	\$60.00 Increase	Height	\$15 Increase	\$30 Increase	\$45 Increase	\$60.00 Increase
4'10"	150 - 159	160 - 169	170 - 179	180 - 189	4'10"	130 - 139	140 - 149	150 - 159	160 - 169
4'11"	155 - 164	165 - 174	175 - 184	185 - 194	4'11"	145 - 154	155 - 164	165 - 174	175 - 184
5'0"	160 - 169	170 - 179	180 - 189	190 - 199	5'0"	170 - 179	180 - 189	190 - 199	200 - 209
5'1"	165 - 174	175 - 184	185 - 194	195 - 204	5'1"	175 - 184	185 - 194	195 - 204	205 - 214
5'2"	170 - 179	180 - 189	190 - 199	200 - 209	5'2"	180 - 189	190 - 199	200 - 209	210 - 219
5'3"	175 - 184	185 - 194	195 - 204	205 - 214	5'3"	185 - 194	195 - 204	205 - 214	215 - 224
5'4"	180 - 189	190 - 199	200 - 209	210 - 219	5'4"	190 - 199	200 - 209	210 - 219	220 - 229
5'5"	185 - 194	195 - 204	205 - 214	215 - 224	5'5"	195 - 204	205 - 214	215 - 224	225 - 234
5'6"	190 - 199	200 - 209	210 - 219	220 - 229	5'6"	200 - 209	210 - 219	220 - 229	230 - 239
5'7"	195 - 204	205 - 214	215 - 224	225 - 234	5'7"	205 - 214	215 - 224	225 - 234	235 - 244
5'8"	200 - 209	210 - 219	220 - 229	230 - 239	5'8"	210 - 219	220 - 229	230 - 239	240 - 249
5'9"	205 - 214	215 - 224	225 - 234	235 - 244	5'9"	215 - 224	225 - 234	235 - 244	245 - 254
5'10"	210 - 219	220 - 229	230 - 239	240 - 249	5'10"	220 - 229	230 - 239	240 - 249	250 - 259
5'11"	215 - 224	225 - 234	235 - 244	245 - 254	5'11"	225 - 234	235 - 244	245 - 254	255 - 264
6'0"	220 - 229	230 - 239	240 - 249	250 - 259	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

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 offers a health and wellness program to assist prospective applicants with meeting and maintaining the required membership height/weight guidelines.