

Altrua HealthShare Height and Weight Guidelines

Note: If prospective applicants height is not listed on following chart, contact Members Services at 888-244-3839

Female					Male				
Height	Verify	\$15 Increase	\$30 Increase	\$45 Increase	Height	Verify	\$15 Increase	\$30 Increase	\$45 Increase
4'10"	146	156 - 163	164 - 167	168 - 175	4'10"	125	135 - 142	143 - 150	151 - 158
4'11"	150	160 - 168	169 - 174	175 - 182	4'11"	140	150 - 158	159 - 166	167 - 175
5'0"	153	163 - 170	171 - 176	177 - 184	5'0"	162	172 - 179	180 - 186	187 - 194
5'1"	157	167 - 176	177 - 182	183 - 190	5'1"	165	175 - 183	184 - 190	191 - 198
5'2"	161	171 - 181	182 - 187	188 - 195	5'2"	169	179 - 186	187 - 195	196 - 203
5'3"	165	175 - 186	176 - 193	194 - 201	5'3"	173	183 - 190	191 - 198	199 - 206
5'4"	170	180 - 191	192 - 198	199 - 206	5'4"	176	186 - 196	197 - 205	206 - 213
5'5"	175	185 - 196	197 - 204	205 - 212	5'5"	181	191 - 203	204 - 211	212 - 219
5'6"	180	190 - 201	202 - 210	211 - 218	5'6"	186	196 - 204	205 - 214	215 - 222
5'7"	185	195 - 206	207 - 215	216 - 223	5'7"	191	201 - 212	213 - 222	223 - 230
5'8"	189	199 - 210	211 - 220	221 - 228	5'8"	195	205 - 217	218 - 228	229 - 236
5'9"	193	203 - 214	215 - 225	226 - 233	5'9"	200	210 - 222	223 - 233	234 - 241
5'10"	197	207 - 217	218 - 228	229 - 236	5'10"	205	215 - 227	228 - 239	240 - 247
5'11"	200	210 - 219	220 - 230	231 - 238	5'11"	210	220 - 232	233 - 245	246 - 253
6'0"	204	214 - 223	224 - 235	236 - 243	6'0"	215	225 - 237	238 - 250	251 - 258
					6'1"	219	229 - 242	243 - 259	260 - 267
					6'2"	225	235 - 245	246 - 265	266 - 273
					6'3"	231	241 - 254	255 - 271	272 - 279
					6'4"	237	247 - 261	262 - 277	278 - 285
					6'5"	243	253 - 264	265 - 281	282 - 289
					6'6"	249	259 - 273	274 - 291	292 - 299
					6'7"	255	265 - 279	280 - 297	298 - 305
					6'8"	261	271 - 282	283 - 300	307 - 314

Applicants whose weight exceeds the \$45 increase limit are not eligible for the membership. Applicants whose weight exceeds the verify column must have their weight verified. Weights that exceed the chart above may be considered for membership if prospective applicant reduces and maintains an average weight within the chart guideline for a period of 90 days. Altrua offers a program to assist prospective applicants with meeting the and maintaining the required membership height/weight guidelines.