

Height/Weight Guidelines

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

MALE		MONTHLY CONTRIBUTION INCREASE				
HEIGHT	WEIGHT (lb)	\$15.00	\$30.00	\$45.00	\$60.00	\$100.00
4' 10"		130-139	140-149	150-159	160-169	190+
4' 11"		145-154	155-164	165-174	175-184	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

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› Applicants whose weight exceeds the \$60.00 increase limit are not eligible for the membership.

› 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.