ADULT BODY MASS INDEX (BMI) CHART

Florida Health Care Plans
An Independent Licensee of the Blue Cross and Blue Shield Association

Height		Weight																														
Inches	Feet	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245
58	4' 10"	20	21	22	23	24	25	26	27	28	29	30	31	32	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51
59	4' 11"	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	43	44	45	46	47	48	49	50
60	5' 0"	19	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
61	5' 1"	18	19	20	21	22	23	24	25	26	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	43	44	45	46
62	5' 2"	17	18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	37	38	39	40	41	42	43	44	45
63	5' 3"	17	18	19	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	35	36	37	38	39	40	41	42	43	43
64	5' 4"	16	17	18	19	20	21	21	22	23	24	25	26	27	27	28	29	30	31	32	33	33	34	35	36	37	38	39	39	40	41	42
65	5' 5"	16	17	17	18	19	20	21	22	22	23	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	37	37	38	39	40	41
66	5' 6"	15	16	17	18	19	19	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	35	36	36	37	38	39	40
67	5' 7"	15	16	16	17	18	19	20	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	34	35	36	37	38	38
68	5' 8"	14	15	16	17	17	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	33	34	35	36	36	37
69	5' 9"	14	15	16	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	32	33	34	35	35	36
70	5' 10"	14	14	15	16	16	17	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	29	30	31	32	32	33	34	34	35
71	5' 11"	13	14	15	15	16	17	17	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	29	29	30	31	31	32	33	33	34
72	6' 0"	13	14	14	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	31	31	32	33	33
73	6' 1"	13	13	14	15	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	32
74	6' 2"	12	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	31
75	6' 3"	12	12	13	14	14	15	16	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	27	28	29	29	30	31
76	6' 4"	12	12	13	13	14	15	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	27	28	29	29	30

Under healthy weight: BMI <18.5

Healthy weight: BMI 18.5 - 24.9

Overweight: BMI 25 - 29.9

Weight Loss Recommendations

- For people with a BMI ≥ 30, weight loss is recommended
- For people with a BMI between 25 and 29.9, or who have a waist circumference greater than 40" in men and 35" in woman, and who have additional risk factors, weight loss is recommended
- For people with a BMI between 25 and 29.9 who have no risk factors and do not want to lose weight, prevention of further weight gain is recommended

Risk Factors

Disease Conditions:

- Established CHD, other atherosclerotic diseases
- Type 2 diabetes
- Sleep apnea
- Gynecological abnormalities
- Osteoarthritis
- Gallstones & their complications
- Stress incontinence

Cardiovascular Risk Factors:

- Cigarette Smoking
- Hypertension
- High LDL cholesterol (≥160 mg/dl)
- Low HDL cholesterol: Men <40 mg/dl; Women <50 mg/dl
- Impaired fasting glucose (110-125 mg/dl)
- Family history of premature CHD
- Men ≥45 years; Women ≥55 years (or postmenopausal)

Other Risk Factors:

- High serum triglycerides (>150 mg/dl)
- Physical inactivity

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Height		Weight																															
Inches	Feet	250	255	260	265	270	275	280	285	290	295	300	305	310	315	320	325	330	335	340	345	350	355	360	365	370	375	380	385	390	395	400
58	4' 10"	52	53	54	56	57	58	59	60	61	62	63																				
59	4' 11"	51	52	53	54	55	56	57	58	59	60	61	62																			
60	5' 0"	49	50	51	52	53	54	55	56	57	58	59	60	61	62	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78
61	5' 1"	47	48	49	50	51	52	53	54	55	56	57	58	59	60	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
62	5' 2"	46	47	48	48	49	50	51	52	53	54	55	56	57	58	59	59	60	61	62	63	64	65	66	67	68	69	69	70	71	72	73
63	5' 3"	44	45	46	47	48	49	50	50	51	52	53	54	55	56	57	58	58	59	60	61	62	63	64	65	66	66	67	68	69	70	71
64	5' 4"	43	44	45	45	46	47	48	49	50	51	51	52	53	54	55	56	57	57	58	59	60	61	62	63	64	64	65	66	67	68	69
65	5' 5"	42	42	43	44	45	46	47	47	48	49	50	51	52	52	53	54	55	56	57	57	58	59	60	61	62	62	63	64	65	66	67
66	5' 6"	40	41	42	43	44	44	45	46	47	48	48	49	50	51	52	52	53	54	55	56	56	57	58	59	60	61	61	62	63	64	65
67	5' 7"	39	40	41	42	42	43	44	45	45	46	47	48	49	49	50	51	52	52	53	54	55	56	56	57	58	59	60	60	61	62	63
68	5' 8"	38	39	40	40	41	42	43	43	44	45	46	46	47	48	49	49	50	51	52	52	53	54	55	55	56	57	58	59	59	60	61
69	5' 9"	37	38	38	39	40	41	41	42	43	44	44	45	46	47	47	48	49	49	50	51	52	52	53	54	55	55	56	57	58	58	59
70	5' 10"	36	37	37	38	39	39	40	41	42	42	43	44	44	45	46	47	47	48	49	49	50	51	52	52	53	54	55	55	56	57	57
71	5' 11"	35	36	36	37	38	38	39	40	40	41	42	43	43	44	45	45	46	47	47	48	49	50	50	51	52	52	53	54	54	55	56
72	6' 0"	34	35	35	36	37	37	38	39	39	40	41	41	42	43	43	44	45	45	46	47	47	48	49	49	50	51	52	52	53	54	54
73	6' 1"	33	34	34	35	36	36	37	38	38	39	40	40	41	42	42	43	44	44	45	46	46	47	47	48	49	49	50	51	51	52	53
74	6' 2"	32	33	33	34	35	35	36	37	37	38	39	39	40	40	41	42	42	43	44	44	45	46	46	47	48	48	49	49	50	51	51
75	6' 3"	31	32	32	33	34	34	35	36	36	37	37	38	39	39	40	41	41	42	42	43	44	44	45	46	46	47	47	48	49	49	50
76	6' 4"	30	31	32	32	33	33	34	35	35	36	37	37	38	38	39	40	40	41	41	42	43	43	44	44	45	46	46	47	47	48	49

Obese I: BMI 30 - 34.9 | Obese II: BMI 35 - 39.9 | Obese III: BMI ≥ 40

V Codes for Billing by Body Mass Index (BMI) Category

Under Healthy Weight	BMI	V Code
	<19	V85.0
Healthy Weight		
	19-24	V85.1

Overweight	BMI	V Code
	25	V85.21
	26	V85.22
	27	V85.23
	28	V85.24
	29	V85.25

Obese I	BMI	V Code
	30	V85.30
	31	V85.31
	32	V85.32
	33	V85.33
	34	V85.34

Obese II & III	BMI	V Code
	35	V85.35
	36	V85.36
	37	V85.37
	38	V85.38
	39	V85.39
	40	V85.40