



2010 Wellness Program Documentation Form Body Mass Index Calculation

The following is to document the calculation of your Body Mass Index (BMI). BMI is measurement that provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems. Overweight and obese individuals are at an increased risk for many diseases and health conditions. To determine your BMI and to be eligible for prize/incentive associated with this activity, complete the information below:

Employee Name (please print) _____

Height _____

Weight _____

BMI as determined from chart, (see reverse side) _____

According to my BMI value and the published standards, my weight is considered to be:

Healthy Weight Overweight Obese

Date of completion _____

Signature _____

Note:

All private health information shared with the Premier Wellness Coordinator through your involvement in the program is strictly confidential. No other individual or entity will have access to this information without your expressed consent.

