

If you fall outside the guidelines below, do not complete the application.

Instead, call us at 1-800-722-9053 for assistance.

Height & Weight Tables – Males

Height	Standard	Rate-up 20%	Rate-up 50%	Rate-up 70%
4'10"	100 – 174	175 – 191	192 – 208	209 – 226
4'11"	102 – 178	179 – 196	197 – 214	215 – 232
5'0"	103 – 181	182 – 199	200 – 217	218 – 235
5'1"	105 – 183	184 – 201	202 – 219	220 – 237
5'2"	106 – 186	187 – 205	206 – 224	225 – 243
5'3"	109 – 190	191 – 209	210 – 228	229 – 247
5'4"	112 – 196	197 – 216	217 – 236	237 – 256
5'5"	115 – 202	203 – 222	223 – 242	243 – 262
5'6"	118 – 207	208 – 228	229 – 249	250 – 270
5'7"	122 – 213	214 – 234	235 – 255	256 – 276
5'8"	126 – 220	221 – 242	243 – 264	265 – 286
5'9"	130 – 227	228 – 250	251 – 274	275 – 296
5'10"	134 – 230	231 – 253	254 – 276	277 – 299
5'11"	138 – 236	237 – 260	261 – 284	285 – 308
6'0"	142 – 240	241 – 264	265 – 288	289 – 312
6'1"	147 – 248	249 – 273	274 – 298	299 – 323
6'2"	153 – 253	254 – 278	279 – 303	304 – 328
6'3"	158 – 261	262 – 287	288 – 313	314 – 339
6'4"	163 – 269	270 – 306	307 – 333	334 – 360
6'5"	169 – 275	276 – 313	314 – 340	341 – 368
6'6"	174 – 282	283 – 320	321 – 348	349 – 377
6'7"	178 – 290	291 – 330	331 – 359	360 – 389
6'8"	182 – 296	297 – 337	338 – 367	368 – 398
6'9"	186 – 303	304 – 345	346 – 375	376 – 407
6'10"	190 – 308	309 – 351	352 – 382	383 – 415
6'11"	194 – 316	317 – 360	361 – 392	393 – 426
7'	198 – 322	323 – 367	368 – 400	401 – 435

Height & Weight Tables - Females

Height	Standard	Rate-up 20%	Rate-up 50%	Rate-up 70%
Height	Up to	Up to	Up to	Up to
4'10"	155	170	182	195
4'11"	160	175	187	198
5'0"	165	180	192	203
5'1"	170	185	198	208
5'2"	175	190	203	213
5'3"	180	195	208	218
5'4"	185	200	214	225
5'5"	190	205	219	230
5'6"	195	210	224	235
5'7"	200	215	230	240
5'8"	205	220	235	245
5'9"	212	228	242	255
5'10"	219	235	249	262
5'11"	225	242	258	270
6'0"	230	250	267	280
6'1"	238	257	275	288
6'2"	245	265	280	295
6'3"	250	270	285	300
6'4"	255	276	295	305
6'5"	260	285	300	310
6'6"	265	290	305	315

Build Chart for Juveniles 15 and Under

Height	Ages 0–2		Ages 3–9			Ages 10–14		
	Min.	Max.	Height	Min.	Max.	Height	Min.	Max.
24	8	23	30	18	40	48	44	92
26	10	26	34	22	44	52	54	108
28	13	31	38	26	54	56	63	126
30	15	36	42	32	64	60	74	144
32	18	40	46	38	78	64	87	166
34	21	42	50	46	94	68	100	186
36	23	45	54	56	111	72	113	206
38	26	48	58	66	128	76	126	228
40	29	52						

Above is one health insurance company's height-weight table. It is fairly typical, but there is some variation between companies.

If you do not fall within the ranges listed above, do not complete the application form. Instead, call us at 1-800-722-9053 so we can help you determine if there are any companies in your state that you could apply to.