



# Know your numbers



## Body Mass Index

You can lower your risk of serious health problems by keeping tabs on your Body Mass Index (BMI)—a measurement used to gauge whether you’re underweight, overweight, or obese. An easy way to determine your BMI is by using an online tool such as [calculator.net/bmi-calculator](https://calculator.net/bmi-calculator).

What should your BMI be? A healthy range for adults is between 18.5 and 24.9. If your number is above that, you’re at higher risk for developing conditions such as heart disease, diabetes, stroke, or cancer.

## BMI Categories

Underweight	≥ 18.5
Normal weight	18.6 – 24.9
Overweight	25 – 29.9
Obese	≥ 30

## What if my BMI is high?

We suggest you schedule an annual wellness visit with your doctor—it’s a benefit included in your plan—and talk about possible responses to your weight. Together, you can establish whether you need to make any subtle or serious lifestyle changes for your long-term health.

Remember, BMI is just one number to watch, along with your blood pressure, cholesterol, and hemoglobin A1C (persons with diabetes). Eating habits, daily exercise, sleep habits, and managing stress can all affect your ability to maintain a healthy weight.

## Get expert guidance for managing your weight at CaféWell

Whether you’re dealing with a serious health condition or looking for ways to improve your overall health, PacificSource can help. You’ll find many resources at CaféWell, our online wellness portal. To get started, visit [PacificSource.com](https://PacificSource.com), log in to InTouch, and under Benefits choose CaféWell. There you’ll find personal health recommendations from dietitians, registered nurses, and fitness experts.