



MedStar Family Choice

DISTRICT OF COLUMBIA

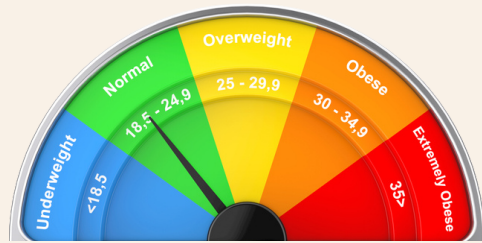


**Know the Facts.
Get Informed.
Be Empowered!**

BMI - Body Mass Index

Body mass index (BMI)

is a measure of body fat based on height and weight that applies to adult men and women. BMI is a person's weight in pounds divided by their height. BMI is an easy screening method to categorize weight as underweight, healthy weight, overweight, or obesity.



How to Calculate Adult BMI



BMI Categories

- Underweight = Less than 18.5
- **Normal weight = 18.5–24.9**
- Overweight = 25–29.9
- Obesity = 30–39.9
- Morbid Obesity = 40 and above

Your BMI Matters

Maintain a Healthy Weight

- Maintaining a healthy weight is important for your heart health.

Increase Physical Activity

- Moving more can lower your risk factors for heart disease.

Eat a Heart-Healthy Diet

- Eating a healthy diet is the key to prevent heart disease.

Know and Control Your Heart Health Numbers

- Tracking your BMI and blood pressure can help you meet your heart health goals.



To find a doctor or schedule an appointment, please call: **844-391-6678**. For **Transportation**, please call: **866-201-9974**. For more information about events, programs and classes, please visit the **MedStar Family Choice District of Columbia (MFC-DC) Enrollees Events and Outreach Programs** website:

www.medstarfamilychoicedc.com/enrollees/events-and-outreach-programs.

MedStar Family Choice District of Columbia complies with all applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

If you do not speak and/or read English, please call 888-404-3549 between 8:00 a.m. and 5:30 p.m. A representative will assist you.

Si no habla o lee inglés, llame al 888-404-3549 entre las 8:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle.

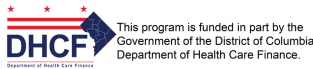
Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 888-404-3549 từ 8 giờ 00 sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn.

‘영어로 대화를 못하시거나 영어를 읽지 못하시는 경우, 오전 8시 00분에서 오후 5시 30분 사이에 888-404-3549번으로 전화해 주시기 바랍니다. 담당 직원이 도와드립니다.

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 888-404-3549 entre 8:00 du matin et 5:30 du soir. Un représentant vous aidera.

የአንግሊዝኛ ቋንቋ መናገርና ማንበብ የማይችሉ ከሆነ ከጊዜ 8:00 ሰዓት እስከ ቀኑ 5:30 ባለው ጊዜ በስልክ ቁጥር 888-404-3549 በመደወል እርዳታ ማግኘት ይችላሉ።

‘如果您不能講和/或不能閱讀英語，請在上午 8:00 到下午 5:30 之間給 888-404-3549 打電話，我們會有代表幫助您



It's how we treat people.