

# Do you want to know your weight status? Check your BMI to know your fitness level



CALCULATE YOUR BODY MASS INDEX

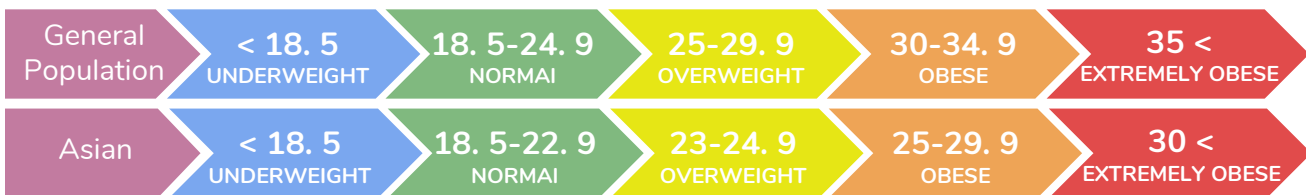
$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}$$

OR

$$\text{BMI} = \frac{\text{Weight (lb)}}{\text{Height (in)}^2} \times 703$$

HOW DO I KNOW IF I AM OVERWEIGHT?

## Body Mass Index



To learn more about our doctor's group,  
call Member Relations: (415) 590-7418



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# 想知道您的體重狀態嗎？ 檢查您的BMI以了解您的健康水平



計算您的身體質量指數 ( BMI )

$$\text{BMI} = \frac{\text{體重 (公斤)}}{\text{身高(米)}^2}$$

或

$$\text{BMI} = \frac{\text{體重 (磅)}}{\text{身高 (英寸)}^2} \times 703$$

如何知道自己是否超重？

## 身體質量指數 ( BMI )



要了解我們的醫生集團，  
請致電會員服務部：(415) 590-7418



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