

## FEGLI.NET HEALTH CLASS GUIDELINES

	<b>Preferred Plus</b>	<b>Preferred</b>	<b>Standard</b>
<b>Tobacco Use</b>	No use of nicotine products in past 5 years	No use of nicotine products in past 3 years	No use of nicotine products in past 1 years
<b>Blood Pressure</b>	No history of blood pressure treatment	A history of blood pressure controlled by medication may be acceptable	Blood pressure treatment is acceptable only if controlled
<b>Blood Pressure Reading</b>	Current and historical readings of less than: 140/85 - ages 18-60 150/90 - ages 61 & over	Current and historical readings of less than: 150/90 - ages 18-60 154/90 - ages 61 & over	Average readings in the past 2 years of less than: 150/90 - ages 18-45 155/95 - ages 61 & over
<b>Cholesterol</b>	Level may not exceed 200	Level may not exceed 230	Level may not exceed 280
<b>Cholesterol/HDL Ratio</b>	Less than 5.0	Less than 6.5	Less than 7.5
<b>Family History</b>	No cardiovascular or cancer disease/death in either parent or siblings before age 60	No cardiovascular or cancer death of either parent or any siblings before age 60	No more than 1 cardiovascular or cancer death of parents before age 60
<b>Driving Record</b>	No more than 1 moving violation in the past 2 years. No record of DUI or reckless driving	No more than 1 moving violation in the past 2 years. No record of DUI or reckless driving in the past 5 years	No more than 2 moving violations in the past 3 years. No record of DUI or reckless driving in the past 2 years
<b>Alcohol and Substance Abuse</b>	No history of alcohol or substance abuse	No history of alcohol or substance abuse	No alcohol or substance abuse in the past 7 years
<b>Mental Illness/Depression</b>	No history of mental illness or depression	No history of mental illness or depression	A history of mental illness or depression may be acceptable
<b>Cancer History</b>	No cancer history of any kind	No cancer history of any kind (except basal cell carcinoma)	A history of cancer may be acceptable
<b>Personal History</b>	No personal history of any health conditions including but not limited to: heart or vascular disease, diabetes, cancer or melanoma, disorder of lungs, liver, kidney or mental/nervous disorder, seizure disorder, rheumatoid arthritis, stroke, kidney stone, gastric/peptic ulcer, ulcerative colitis and asthma	No personal history of any health conditions including but not limited to: heart or vascular disease, diabetes, cancer or melanoma, disorder of lungs, liver, kidney or mental/nervous disorder, seizure disorder, rheumatoid arthritis, stroke, gastric/peptic ulcer, ulcerative colitis and asthma	Can have personal history of certain diseases
<b>Avocation</b>	No participation in hazardous activities (e.g., hang-gliding,	May participate in some hazardous activities (e.g., hang-	May participate in some hazardous activities

## Unisex Build Chart

Height	Preferred-Plus	Preferred	Select	Standard
5'0"	145 lbs	160 lbs	165 lbs	190 lbs
5'1"	150	165	170	200
5'2"	156	170	180	205
5'3"	162	175	185	210
5'4"	167	180	190	215
5'5"	172	185	198	225
5'6"	176	190	205	233
5'7"	180	195	210	240
5'8"	185	200	215	246
5'9"	190	206	220	254
5'10"	196	212	230	260
5'11"	202	220	235	268
6'0"	208	225	240	275
6'1"	212	230	245	282
6'2"	218	238	252	288
6'3"	225	245	258	295
6'4"	230	250	268	302
6'5"	235	257	272	310
6'6"	240	263	278	320
6'7"	245	270	284	325
6'8"	250	276	295	335
6'9"	258	285	300	345
6'10"	265	290	305	355