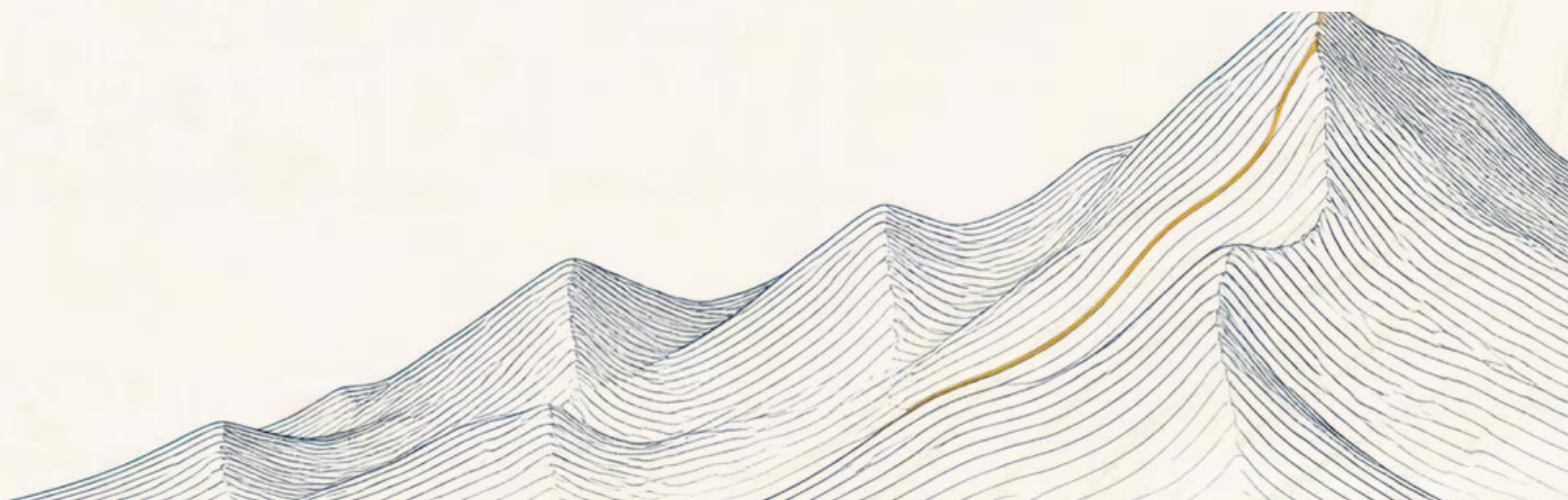




BEYOND THE NUMBER: WHAT YOUR BMI CAN — AND CAN'T — TELL YOU

BMI can be a useful starting point—but it is only one piece of your health picture.



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KEY TAKEAWAYS

BMI can be useful—but understanding what it does and doesn't measure matters.

01 — BMI is a screening tool

It uses height and weight to provide a general starting point for evaluating weight-related health.

02 — BMI is not a diagnosis

A BMI number alone cannot determine whether someone is healthy or unhealthy.

03 — It doesn't measure body composition

BMI cannot distinguish between fat, muscle, and bone or show where body fat is carried.

04 — Other health information adds context

Blood pressure, waist circumference, laboratory results, medical history, medications, strength, mobility, and other measures may help complete the picture.

05 — Trends can matter more than a snapshot

Looking at changes over time can provide useful context for understanding progress and discussing your health with a provider.

One number. Part of a bigger picture.

UNDERSTANDING BMI

A useful starting point—not the whole story.

BMI, or body mass index, is a calculation that compares your weight with your height. Healthcare providers commonly use it as a screening measure because it is quick, inexpensive, and easy to track over time. But BMI is not a diagnosis, and it does not directly measure body fat or provide a complete picture of your health.

01 — What does BMI measure?

BMI uses height and weight to place adults into general weight categories. It can help identify when someone's weight relative to height may warrant a closer look.

02 — Why is it used?

BMI provides healthcare providers with a simple screening measurement that can be considered alongside medical history, physical findings, laboratory results, and other health information.

03 — What doesn't it tell us?

BMI cannot distinguish fat from muscle and bone, show where body fat is carried, or tell us about blood pressure, glucose, cholesterol, strength, fitness, or many other aspects of health.



COMPLETING THE PICTURE

Your health is bigger than a single number.

Two people can have the same BMI and very different health profiles. That is why BMI is most useful when considered alongside other information. Depending on your individual circumstances, your healthcare provider may consider additional measurements, laboratory results, medical history, medications, and how your health is changing over time.

01 — Look Beyond Weight

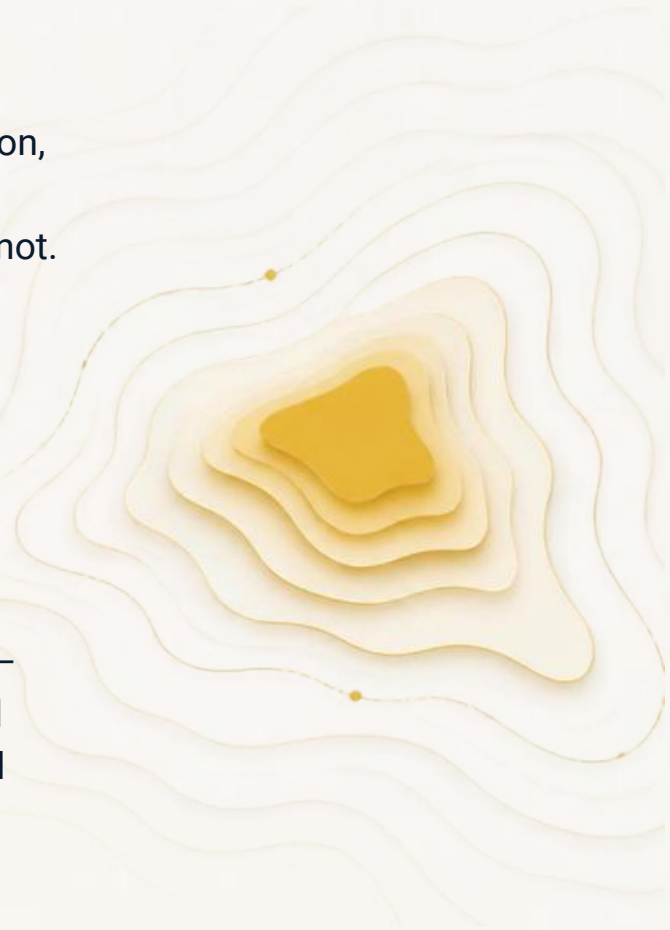
Blood pressure, waist circumference, body composition, strength, mobility, and other physical measures can provide information that height and weight alone cannot.

02 — Know Your Numbers

Laboratory results such as blood glucose or A1c, cholesterol, and triglycerides may provide additional insight into metabolic and cardiovascular health.

03 — Watch the Pattern

One measurement is a snapshot. Changes over time—across weight, laboratory results, physical health, and how you feel and function—can provide a more useful picture of progress.



MEASURE WHAT MATTERS

Use BMI as a baseline—not a verdict.

Numbers can be useful because they give us a starting point and something to follow over time. The key is understanding what each measurement can—and cannot—tell you. BMI may be one part of your baseline, but meaningful progress can appear in many places beyond the scale.

01 — Start With Context

Consider BMI alongside your health history, current conditions, medications, laboratory results, and other relevant measurements.

02 — Define Meaningful Progress

Progress may appear in blood pressure, laboratory markers, waist circumference, strength, mobility, sleep, energy, fitness, and other measures related to your health goals.

03 — Look for Trends

Changes over time can often provide more useful context than any single measurement.

Questions to Ask Your Provider

- What does my BMI tell you—and what doesn't it tell you—about my health?
- Are there other measurements or laboratory results we should consider?
- What health markers would be most useful for me to follow over time?
- What would meaningful progress look like for my individual goals?
- Could any of my medications or health conditions affect how we interpret my weight or metabolic health?

Your numbers are information—not your identity.

YOUR HEALTH. YOUR JOURNEY BEGINS HERE.

One number is only part of the picture.

Understanding your health starts with context. BMI can provide a useful baseline, but your goals, health history, laboratory results, medications, and other measurements may all contribute to a more complete picture.

Not sure what your numbers mean for you?

A free consultation can help you discuss your goals, current health information, and the questions that may be worth exploring with a healthcare provider.

START YOUR FREE CONSULTATION



Scan to start your consultation.

Sources: Centers for Disease Control and Prevention (CDC); National Heart, Lung, and Blood Institute (NHLBI), National Institutes of Health; American Medical Association (AMA). Full source links are available in the online edition.

This guide is for educational purposes only and is not intended to provide medical advice, diagnosis, or treatment. Individual eligibility and treatment decisions should be determined by an appropriately licensed healthcare provider.