

Application for Health Coaching Program

Name (print): _____

Division: _____

Address: _____

Phone (where you can be reached): _____

E-mail Address: _____

Work Phone: _____

BMI (see next page): _____

I agree that I would be willing to participate in medical, nutritional, exercise and educational programs designed for and with me by my assigned health coach.

I agree that I will release personal health information (CONFIDENTIALLY) to my advocate in order for him/her to follow my progress and include my progress information in summary reports provided to TeamHealth Wellness.

I agree that my continued participation in the program is subject to my advocate concurring that I am in compliance with program requirements.

Signature

Date

Initial applications will be screened for 4 criteria. 1) Date of receipt of application, 2) Full-time employment, 3) Membership in one of the TeamHealth Medical Plans and 4) Years of Service.

Preliminary applications will be forwarded to the Health Coach for further review.

Participants will be chosen following submission of a confidential profile to the Health Coach. Confidential information will not be shared with TeamHealth Wellness or any of its affiliates.

Fax this form to the Wellness Program at 865.560.8926 (confidential fax number).

Do you know your **Body Mass Index?** Are You at A **Healthy Weight?**

Achieving a healthy weight can lower your risk of disease and increase your chances for a long and healthy life.

The United States Surgeon General advises using the body-mass index to find a healthy weight. Most of us rely on the bathroom scale to judge whether we're at a healthy weight. Body mass index (BMI) is a better way. The higher your BMI, the greater your risk for health problems. BMI uses a mathematical formula that takes into account both a person's height and weight. BMI equals a person's weight in kilograms divided by height in meters squared. (BMI=kg/m²). Look up your height and weight on the chart below. Circle the number at the top row where they meet. That's your BMI. Then check the interpretation table on the back side to see if your BMI fits into a healthy range.

Body Mass Index Chart																					
BMI	Normal					Overweight					Obese										
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
Height(inches)	Body Weight (pounds)																				
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320