



Build chart underwriting guidelines

This chart provides guidelines for ratings based on build. It applies to all adults regardless of their age or gender. Minor variations may apply.

| Rating | | | | | | | | | |
|----------------|--------------|------|------|------|------|------|------|------|------|
| | 150% | 175% | 200% | 225% | 250% | 275% | 300% | 325% | 350% |
| Height (ft/in) | Weight (lbs) | | | | | | | | |
| 4'10" | 179 | 185 | 192 | 199 | 207 | 214 | 220 | 224 | 229 |
| 4'11" | 186 | 193 | 200 | 208 | 215 | 222 | 229 | 233 | 239 |
| 5'0" | 191 | 199 | 205 | 213 | 221 | 228 | 235 | 240 | 245 |
| 5'1" | 199 | 206 | 214 | 222 | 230 | 237 | 244 | 249 | 255 |
| 5'2" | 204 | 211 | 219 | 227 | 236 | 244 | 250 | 256 | 261 |
| 5'3" | 212 | 219 | 228 | 236 | 245 | 253 | 260 | 266 | 271 |
| 5'4" | 220 | 227 | 236 | 245 | 254 | 263 | 270 | 277 | 282 |
| 5'5" | 226 | 233 | 242 | 251 | 260 | 269 | 277 | 283 | 289 |
| 5'6" | 234 | 242 | 251 | 260 | 270 | 279 | 287 | 293 | 299 |
| 5'7" | 239 | 247 | 257 | 266 | 276 | 286 | 294 | 300 | 306 |
| 5'8" | 248 | 256 | 266 | 276 | 286 | 296 | 304 | 311 | 317 |
| 5'9" | 254 | 262 | 272 | 282 | 292 | 303 | 311 | 318 | 325 |
| 5'10" | 262 | 271 | 282 | 292 | 303 | 313 | 322 | 329 | 336 |
| 5'11" | 268 | 277 | 288 | 299 | 309 | 320 | 329 | 336 | 343 |
| 6'0" | 277 | 287 | 298 | 309 | 320 | 331 | 340 | 347 | 355 |
| 6'1" | 283 | 293 | 304 | 315 | 327 | 338 | 348 | 355 | 363 |
| 6'2" | 293 | 302 | 314 | 326 | 337 | 349 | 359 | 367 | 374 |
| 6'3" | 302 | 312 | 324 | 336 | 348 | 360 | 370 | 378 | 387 |
| 6'4" | 308 | 319 | 331 | 343 | 356 | 368 | 378 | 386 | 395 |
| 6'5" | 318 | 329 | 341 | 354 | 367 | 379 | 390 | 399 | 407 |
| 6'6" | 325 | 334 | 348 | 361 | 374 | 387 | 398 | 407 | 415 |

| Rating | | | | | | | | | |
|-------------|--------------|------|------|------|------|------|------|------|------|
| | 150% | 175% | 200% | 225% | 250% | 275% | 300% | 325% | 350% |
| Height (cm) | Weight (kgs) | | | | | | | | |
| 147 | 81 | 84 | 87 | 91 | 94 | 97 | 100 | 102 | 104 |
| 150 | 85 | 88 | 91 | 94 | 98 | 101 | 104 | 106 | 108 |
| 152 | 87 | 90 | 93 | 97 | 100 | 104 | 107 | 109 | 111 |
| 155 | 91 | 94 | 97 | 101 | 104 | 108 | 111 | 113 | 116 |
| 157 | 93 | 96 | 100 | 103 | 107 | 111 | 114 | 116 | 119 |
| 160 | 96 | 100 | 104 | 107 | 111 | 115 | 118 | 121 | 123 |
| 163 | 100 | 103 | 107 | 111 | 115 | 119 | 123 | 126 | 128 |
| 165 | 103 | 106 | 110 | 114 | 118 | 122 | 126 | 128 | 131 |
| 168 | 106 | 110 | 114 | 118 | 123 | 127 | 130 | 133 | 136 |
| 170 | 109 | 112 | 117 | 121 | 125 | 130 | 133 | 136 | 139 |
| 173 | 113 | 116 | 121 | 125 | 130 | 134 | 138 | 141 | 144 |
| 175 | 115 | 119 | 124 | 128 | 133 | 138 | 141 | 144 | 147 |
| 178 | 119 | 123 | 128 | 133 | 138 | 142 | 146 | 149 | 153 |
| 180 | 122 | 126 | 131 | 136 | 141 | 145 | 150 | 153 | 156 |
| 183 | 126 | 130 | 135 | 140 | 145 | 150 | 154 | 158 | 161 |
| 185 | 129 | 133 | 138 | 143 | 149 | 154 | 158 | 161 | 165 |
| 188 | 133 | 137 | 143 | 148 | 153 | 159 | 163 | 167 | 170 |
| 191 | 137 | 142 | 147 | 153 | 158 | 164 | 168 | 172 | 176 |
| 193 | 140 | 145 | 150 | 156 | 162 | 167 | 172 | 175 | 179 |
| 195 | 144 | 149 | 154 | 160 | 166 | 172 | 177 | 181 | 184 |
| 198 | 147 | 152 | 158 | 164 | 170 | 176 | 181 | 185 | 188 |

Example: If you are 5'6" / 168 cm tall and weigh 250 pounds / 114 kgs, you would be rated 200% for build.

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