

How is BMI used to determine my premium discount?

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BMI calculates clients' weight relative to their height and indicates the estimated fat percentage in their body. Clients' weight (in kilograms) divided by their height (in meters) squared is used to calculate their BMI.

Example:

A client who is 1.81m tall and weighs 102kg has a BMI of $102/1.81^2 = 31.1$, qualifying for a 2.5% BMI discount, or 3.75% discount if the blood pressure and registered medical aid membership criteria are also met.

$$\begin{array}{lcl} \text{Body Mass} & & \text{Weight (kg)} \\ \text{Index} & = & \text{Height}^2 \text{ (m)} \end{array}$$