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## Requirements for Super Select and Select Rate Classes

### **HEIGHT AND WEIGHT**

The applicant's height and weight must meet the requirements for either Super Select or Select outlined on the chart that follows.

### **FAMILY HISTORY**

No parent or sibling deceased before the age of 60 due to cardiovascular disease or cancer.  
*Family history only applies for applicants age 59 or younger.*

### **ALCOHOL/DRUG USE**

Super Select – No history of alcohol or drug abuse, addiction or treatment within 10 years.  
Select – No history of alcohol or drug abuse, addiction or treatment within 7 years.

### **DRIVING HISTORY**

Super Select – No reckless driving or DUI violation within 7 years.  
Select – No reckless driving or DUI violation within 5 years.  
*Both rate classes require no more than 3 driving violations within the last 3 years.*

### **BLOOD PRESSURE**

Super Select – Untreated blood pressure cannot exceed 135/85. Treatment disqualifies.  
Select – Untreated/Treated blood pressure cannot exceed 140/90. Treated blood pressure is eligible and must have been 140/90 or less for the prior year.

### **CHOLESTEROL & CHOLESTEROL/HDL RATIO**

Super Select – No total cholesterol >230 or cholesterol/hdl ratio >5.0. Treatment disqualifies.  
Select – No total cholesterol >250 or cholesterol/hdl ratio >6.0. Treated cholesterol allowed.

### **TOBACCO USE**

Super Select – No tobacco use within the past 3 years.  
Select – No Tobacco use for 2 years.  
*Occasional cigar use(one per week or less) with a negative nicotine screen and no history of other tobacco use may be considered for either rate class.*

### **AVIATION**

No private aviation. Commercial pilots are allowed for either rate class without restriction.

### **AVOCATIONS**

No hazardous avocation or ratable occupation.

# Height and Weight Requirements

Height	Super Select Max Weight	Select		Standard Build Guidelines*
		Age 59 and below Max Weight	Age 60 and above Max Weight	
5'0"	144	160	170	95-186
5'1"	148	165	175	98-193
5'2"	152	170	180	102-199
5'3"	156	175	185	105-206
5'4"	161	180	190	108-212
5'5"	166	185	195	112-219
5'6"	172	190	200	115-226
5'7"	177	195	205	119-233
5'8"	181	200	210	122-240
5'9"	185	206	216	126-247
5'10"	191	212	222	129-254
5'11"	199	218	228	133-261
6'0"	203	224	234	137-269
6'1"	207	230	240	141-276
6'2"	212	236	246	145-284
6'3"	218	242	252	149-292
6'4"	224	248	258	152-299
6'5"	230	254	264	157-307
6'6"	235	260	270	161-315
6'7"	240	266	276	165-323
6'8"	245	272	282	169-332

*\*In some situations the maximum standard weight limit may be exceeded with favorable underwriting factors, ie. blood pressure and lipids. Please use this as a guide only and call Sons of Norway Headquarters for any questions.*