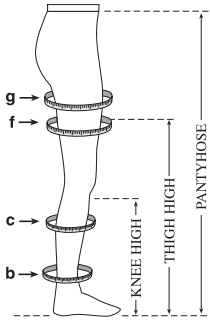




ACTIVA® FIT & MEASURE GUIDE



Based on standard sizes and measurements, quick and easy to use weight and height charts have been developed for the Activa® products. These charts assume that based on height/weight combinations, leg measurements are predictable and fit into specific ranges. If the fit is questionable, this guide has the exact measurements at the specific leg points needed to ensure the correct compression.

USE THIS MEASUREMENT POINT GUIDE

- g - Circumference at top of thigh (about 2" below groin)
- f - Circumference at center of thigh
- c - Circumference at widest part of calf
- b - Circumference at the narrowest part of the leg above the ankle

Note - Use these x and y values to indicate color and size for hosiery part numbers.

TABLE OF SIZE & COLOR

x	COLOR	y	SIZE
0	Beige / Nude	1	A / Small
	Tan / Suntan	2	B / Medium
1	White/Ivory	3	C / Large
2	Classic Bronze	4	D / X-Large
3	Cocoa	5	Queen / XX-Large
4	Navy	6	XXX-Large
5	Grey	7	XXXX-Large
6	Black		
7	Brown		

9-12 mm Hg • Ultra Sheer Support

H11xy, H12xy, H13xy

MEASUREMENTS IN INCHES

SIZE	ANKLE (b)	CALF (c)	MID-THIGH (f)	UPPER THIGH (g)
A	7 - 8"	11 - 12 1/2"	16 1/4 - 18 1/4"	17 1/4 - 19 1/2"
B	8 - 9 1/2"	12 1/2 - 14 1/4"	18 1/4 - 19 3/4"	19 1/2 - 21 1/4"
C	9 1/2 - 11"	14 1/4 - 16"	19 3/4 - 21 1/2"	21 1/4 - 24 1/2"
D	11 - 12 1/2"	16 - 17 3/4"	21 1/2 - 24 1/2"	24 1/2 - 27 1/2"

WEIGHT

Use this quick and easy Height and Weight Chart when fitting these products.

HEIGHT	90-100	100-111	111-121	121-132	132-143	143-155	155-165	165-176	176-187	187-197
4'9"										
4'9" - 5'1"	A									
5'1" - 5'3"				B						
5'3" - 5'5"					C					
5'5" - 5'7"										
5'7" - 5'9"									D	
5'9" - 6'1"										
6'1" - 6'3"										

20-30 mm Hg • Graduated Therapy

H31xy, H32xy, H33xy

MEASUREMENTS IN INCHES

SIZE	ANKLE (b)	CALF (c)	MID-THIGH (f)	UPPER THIGH (g)
SM	6 1/4 - 7 1/4"	11 - 13 1/2"	15 - 19"	16 - 20 1/2"
MD	7 1/2 - 9"	13 - 15 1/2"	18 1/2 - 22"	20 - 24 1/2"
LG	9 1/4 - 10 3/4"	15 - 17 1/2"	21 1/2 - 25"	24 - 29 1/2"
XL	11 - 12 1/2"	17 - 19 1/2"	24 - 30"	29 - 33 1/2"

20-30 mm Hg • Soft Fit Graduated Therapy

H37xy, H38xy, H39xy, H30xy*, H304*

MEASUREMENTS IN INCHES

SIZE	ANKLE (b)	CALF (c)	THIGH (f)	WAIST	H37-H38-H39 LENGTH	H30-H304 LENGTH
SM	6 1/4 - 7 1/4"	10 - 13"	15 - 18"	Up to 30"	21 - 27"	11 - 15"
MD	7 - 8 1/2"	11 1/2 - 14"	17 1/2 - 20 1/2"	Up to 33"	23 - 29"	12 - 17"
LG	8 1/2 - 10"	12 1/2 - 15"	20 - 23"	Up to 36"	25 - 31"	13 - 18"
XL	10 - 11 1/2"	13 1/2 - 16"	22 1/2 - 25 1/2"	Up to 38"	27 - 33"	14 - 19"
Q/XXL	11 - 12 1/2"	14 1/2 - 17"	25 - 28"	Up to 44"	29 - 35"	16 - 21"
XXXL*	12 1/2 - 13 3/4"	16 1/2 - 20 1/4"	—	—	16 - 21"	16 - 21"
XXXXL*	13 1/2 - 15"	20 - 24"	—	—	16 - 21"	16 - 21"

20-30 mm Hg • Complements Premium Line

H71xy, H72xy, H73yx*, H74xy*

MEASUREMENT IN INCHES

SIZE	ANKLE (b)	CALF (c)	THIGH (f)	WAIST	LENGTH	LENGTH
SM	7 - 8 1/2"	11 - 15"	15 1/4 - 24 1/2"	up to 30"	14 1/2 - 15 1/2"	24 - 26"
MD	8 1/2 - 10"	12 - 16 1/2"	18 1/2 - 27 1/2"	up to 33"	15 - 16"	25 - 27"
LG	10 - 11 1/2"	12 1/2 - 18"	21 - 30 1/2"	up to 36"	15 1/2 - 17"	26 - 28"
XL	11 1/2 - 13"	13 1/2 - 19 1/2"	23 1/2 - 32"	up to 38"	16 - 17 1/2"	26 1/2 - 29"
XXL*	13 - 15"	14 1/2 - 21"	26 - 35"	up to 44"	17 - 18"	26 - 28"
XXXL*	14 - 16 1/2"	16 - 22 1/2"			16 - 17 1/2"	
XXXXL*	15 - 18"	17 - 24"			16 - 17 1/2"	

15-20 mm Hg • Sheer Therapy®

H21xy, H22xy, H23xy, H204xy

MEASUREMENTS IN INCHES

SIZE	ANKLE (b)	CALF (c)	MID-THIGH (f)	UPPER THIGH (g)
A	7 - 8"	11 - 12 1/2"	16 1/4 - 18 1/4"	17 1/4 - 19 1/2"
B	8 - 9 1/2"	12 1/2 - 14 1/4"	18 1/4 - 19 3/4"	19 1/2 - 21 1/4"
C	9 1/2 - 11"	14 1/4 - 16"	19 3/4 - 21 1/2"	21 1/4 - 24 1/2"
D	11 - 12 1/2"	16 - 17 3/4"	21 1/2 - 24 1/2"	24 1/2 - 27 1/2"
Q	12 1/2 - 14"	17 1/4 - 19 1/4"	24 1/2 - 28"	27 1/2 - 31"

WEIGHT

Use this quick and easy Height and Weight Chart when fitting these products.

HEIGHT	90-100	100-110	110-120	120-130	130-140	140-150	150-160	160-170	170-180	180-190	190-200	200-210	210-220
4'11"													
4'11" - 5'1"	A												
5'1" - 5'3"				B									
5'3" - 5'5"					C						Q		
5'5" - 5'7"													
5'7" - 5'9"									D				
5'9" - 5'11"													
5'11"													

15-20 & 20-30 mm Hg • Men's & Women's Dress Socks

15-20 mm Hg: H24xy, H25xy, H26xy, H27xy, H28xy

20-30 mm Hg: H34, H35 (Men's Only), H312y, H313y (Athletic Socks)

Assuming the following ankle & calf measurements in inches

SIZE	Athletic Socks		Men's Shoe		Women's Shoe	
	MEN'S SHOE	WOMEN'S SHOE	ANKLE (b)	CALF (c)	MEN'S SHOE	WOMEN'S SHOE
SM	7 or Smaller	5 or Smaller	6 1/4 - 7 1/4"	11 - 13 1/2"	7 or Smaller	7 - 9
MD	7 1/2 - 10	5 1/2 - 7 1/2"	7 1/2 - 9"	13 - 15 1/2"	7 1/2 - 10	9 - 12
LG	10 1/2 - 12	8 - 10 1/2"	9 1/4 - 10 3/4"	15 - 17 1/2"	10 1/2 - 12	—
XL	12 1/2 or Larger	11 or Larger	11 - 12 1/2"	17 - 19 1/2"	12 1/2 or Larger	—

30-40 mm Hg • Surgical Weight Graduated Therapy

H42xy, H43xy, H44xy

MEASUREMENT IN INCHES

SIZE	ANKLE (b)	CALF (c)	MID-THIGH (f)	UPPER THIGH (g)
SM	6 1/4 - 7 1/4"	11 - 13 1/2"	15 - 19"	16 - 20 1/2"
MD	7 1/2 - 9"	13 - 15 1/2"	18 1/2 - 22"	20 - 24 1/2"
LG	9 1/4 - 10 3/4"	15 - 17 1/2"	21 1/2 - 25"	24 - 29 1/2"
XL	11 - 12 1/2"	17 - 19 1/2"	24 - 30"	29 - 33 1/2"

18 mm Hg • Anti-Embolism Stockings

H521y - Hospital Style Thigh High, Inspection Toe

CIRCUMFERENCE IN INCHES

SIZE	SM	MD	LG	XL
CALF CIRCUM. (c)	10 - 12"	11 - 13"	12 - 15"	13 - 17"
LENGTH	28" or less	28 - 30"	30 - 32"	30 - 34"

H53xy, H5040y, H590y, H520y, H541y - Hosiery Style, Open/Closed Toe

CIRCUMFERENCE IN INCHES

SIZE	SM	MD	LG	XL	XXL
ANKLE (b)	6 1/2 - 8"	8 - 9 1/2"	9 1/2 - 11"	11 - 12 1/2"	12 1/2 - 14"
CALF (c)	10 1/2 - 14 1/2"	11 1/2 - 15 1/2"	12 1/2 - 17"	13 1/2 - 17 1/2"	18 1/2 - 20 1/2"