

Tips Before Your Medical Insurance Exam

Applicant(s) Instructions:

To obtain the most accurate information during the medical examination, applicant(s) should:

- Do not consume alcoholic beverages for at least 48 hours prior to the exam.
- Get a good night's sleep before the day of the examination.
- Limit salt and high cholesterol foods during the 24 hours prior to the exam.
- Avoid strenuous exercise for at least 24 hours prior to the exam.
- Fast for 6 to 12 hours prior to the examination appointment (*i.e. first thing in the morning before breakfast or in the evening before dinner*).
- Drink a glass of water 1 hour prior to the exam.
- Limit the amount of caffeine consumed during the hour before the exam (*examples include: coffee, tea or pop beverages*).
- Avoid smoking at least 1 hour before the exam.
- **Women**, please schedule the examination appointment time when you are not menstruating. Contact the paramedical examiner to reschedule if necessary.

To collect accurate medical history information, applicant(s) must:

- Have photo identification available for the paramedical examiner at the time of the exam.
- Be able to provide the names and dosages of all current medications.
- Be able to provide any history of problems associated with giving blood, such as fainting or small veins "*hard stick*".
- Be able to provide names, addresses, and phone numbers of doctor(s) and/or clinics visited within the last 5 years.

NOTE:

Remember life insurance is applied for, not purchased!