

## Exam Preparation

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The insurance exam is a very important piece of your client's application. The information they provide along with their lab results and blood pressure results will be used to help the insurance company

**A medical exam may include the following requirements:**

- Brief Physical Exam
- Height and Weight
- Medical History
- Blood Draw
- Urine Specimen
- Resting EKG depending on age and amount of coverage
- Name, address and phone number of their personal physicians
- Date and Reason for last office visit

**In order to give your client every opportunity to receive the best possible offer, we have compiled the following suggestions to help you prepare them for their exam:**

- Fast for 8 - 12 hours prior to the appointment for best results (unless you are diabetic)\*.
- We suggest a morning appointment on a Wednesday, Thursday or Friday whenever possible.
- Limit smoking or other tobacco products one hour prior to the appointment.
- Limit caffeinated beverages several hours prior to the appointment.
- Be well hydrated in general, and drink two glasses of water one hour prior to the appointment.
- Refrain from drinking alcoholic beverages for at least 24 hours prior to the appointment.
- Avoid vigorous physical exercise for 24-48 hours prior to the appointment.
- Provide names and dosages of current medications as well as the prescribing physician.
- Provide any history of problems associated with providing a blood sample.
- Provide names, addresses and phone numbers of doctors or clinics visited in the last 5 years.
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\*Please follow the proper guidelines from your physician regarding fasting if you have any medical conditions including but not limited to diabetes.

**Please feel free to contact us with any questions or concerns you may have regarding the exam process.**