

Preparing For Your Life Insurance Paramedical Exam

1. Schedule your paramedical exam as soon as possible. Your policy cannot be approved and issued until all medical requirements are complete.
2. Notify Exam Company of any past blood draw issues; so the examiner can be prepared and bring a smaller needle if necessary.
3. Get a good night's sleep; to ensure the best resting pulse rate.
4. Fasting prior to your exam is not necessary. Your laboratory test results will not be affected.
5. Stay hydrated and drink plenty of water this will make for an easier blood draw and ability to provide a urine specimen.
6. If you are taking prescribed and or over-the-counter medications including vitamins, herbs and supplements, inform the examiner of the type, dosage and frequency of use.
7. Avoid drinking alcoholic beverages at least 12 hours prior to exam; it may cause dehydration and liver function test elevations.
8. Avoid nicotine or caffeine use at least one hour prior to your exam; stimulants may elevate heart rate.
9. Limit salt intake and high cholesterol foods 24 hours prior to your exam; may affect exam results.
10. Avoid OTC medication if possible; always take prescriptions per doctors' orders.
11. Avoid strenuous physical activities 12 hours before your exam; working out excessively may release protein into the urine and elevate liver function tests.
12. Have all medical history available including names, addresses, dates, nature of treatment and phone numbers of all physicians you have been treated by in the past five years.