



INSURANCE EXAMINATION TIPS

OPTIMIZE YOUR RESULTS

As part of your insurance application, you are required to undergo a simple and quick medical examination. Here are some tips to help you get the best results:

1. Be sure to fast 4-6 hours prior to blood draw
2. Drink as much water as you can before exam to assist in obtaining urine specimen as well as blood flow
3. Avoid foods high in salt content for 24 hours prior to the exam
4. Avoid foods high in fat/cholesterol, rich foods 24 hours prior to exam
5. Get plenty of sleep the night before exam
6. Avoid all alcoholic beverages at least 8 hours before the exam
7. Avoid strenuous exercise at least 12 hours prior to exam
8. Make a list of all doctors including addresses and telephone numbers
9. Make a list of current medications being taken. Be sure to include reason, dosage & frequency
10. Be sure to have a picture ID available