



BE PREPARED FOR YOUR INSURANCE EXAM

- If possible, schedule your appointment for early morning.
- Be well rested prior to the examination.
- Wear loose-fitting clothing, a short sleeved shirt or a long sleeved shirt that can be easily rolled up.
- Avoid the intake of alcoholic substances for at least 2-3 days before the examination.
- Avoid caffeine intake several hours prior to the examination if possible.
- Avoid smoking or chewing tobacco at least one hour before the appointment.
- Avoid any strenuous activity for 24 hours.
- Take regular medication prescribed by doctor.
- It is very important to fast (avoid food and beverage intake) for at least 8 hours prior.
- Increase your water intake 1-2 days prior to your exam to assist in obtaining a urine specimen.
- Avoid foods high in fat and sodium 1-2 days prior to exam.

Additional Requirements

Additional requirements may be needed by the insurance company in addition to the paramedical exam. You will be informed by your advisor if such requirements are needed. These requirements may include an exam by a licensed physician, resting electrocardiogram (EKG), treadmill (stress test), timed vital capacity (TVC), blood test, or chest x-ray.



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