

# Paramedical Exam Tips

Let me congratulate you on your wise financial decision to purchase life insurance. I will submit your application and keep you informed during the underwriting process. Please call me if you have any questions.

## TO OBTAIN THE BEST RESULTS ON YOUR EXAM

1. Undressing is not required, but please wear a garment that is short sleeved or that has sleeves that can easily be rolled up.
2. Drink a glass of water one hour or so before the exam as this will aid in obtaining a urine sample.
3. Avoid caffeine for several hours before the exam. Avoid red meat 24 hours before the exam.
4. Avoid nicotine products for at least one day before the exam. For the absolute best nicotine results, avoid nicotine for 4 days before the exam if possible. Most nicotine exits the human body within 4 days.
5. Avoid alcoholic beverages for at least eight hours.
6. Avoid nasal decongestants.
7. Get a good night's rest before the exam.
8. Schedule the appointment for your least stressful time of the day.
9. Have photo identification available.
10. If blood testing is needed, try to fast at least 4 hours before your exam. An eight hour fast is better. You may drink water.
11. Do not engage in strenuous exercise for 24 hours.
12. Women with menses, make an appointment when through.