

## Pre-Medical Insurance Tips

### Assisting You to Get the Best Results from Your Insurance Medical

- Try to arrange for the medical first thing in the morning
- Get a good night's rest the night before the exam (especially for hypertension)
- Refrain from any heavy exercise for 24 hours before the exam. It can increase the protein in your urine.
- Do not consume any form of alcohol for at least 48 hours before the exam.
- If possible, fast for 12 hours before the blood profile.
- Do not consume any form of caffeine, food or beverage (except water), for at least 2 hours before the exam. This could increase your blood pressure.
- You should not smoke for at least 2 hours before the exam. This can increase blood pressure.
- If you are taking prescription medication(s) you should continue to take them as prescribed. All prescription medications should be brought to the exam for reference.
- You should avoid non-prescription medications such as cold remedies, pain relievers and herbal remedies for at least 24 hours prior to the exam. They can increase your blood pressure.
- Try to drink 2 glasses of water 1-2 hours before the exam. You need to be well hydrated for kidney function.
- If you are ill at the time of the exam, reschedule for a future date when you are fully recovered.
- Contact us if you are under a lot of stress around the time the exam is scheduled. Life stresses such as a death in the family, work stress, family upset etc. can affect your results. Even if it is the day of the medical exam, reschedule the appointment for a later date.

Your cooperation will make the examination process more effective for the insurance company and create fewer problems for your application for insurance and expedite the processing of your application.