

# Armstrong

— Financial Services —

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## Preparing For Your Paramedical Examination

A brief paramedical exam (or a physician exam) is required as a routine part of your application for insurance. An examiner will contact you to schedule a time for your exam.

The examination is very brief, usually lasting 15 to 30 minutes. There is no undressing required. The exam normally consists of a series of questions about your medical history as well as a measurement of your height, weight, blood pressure, and pulse. A urine specimen is also collected. In some cases, a blood specimen will be collected or an EKG may be done in order to satisfy company requirements.

The examiner will inform you what is needed when they schedule your appointment. To save you time and to obtain the best possible results, please follow these suggestions:

1. Because your blood pressure and pulse can be affected by stress, alcohol, caffeine, smoking, and some “over the counter” medications, you should:
  - Get a good night's sleep the night before your exam.
  - Relax! Try to schedule a quiet, “non-stressful” time of day.
  - Refrain from lifting weights or working out before your exam
  - Avoid alcoholic beverages for 24 hours prior to an exam.
  - Avoid too much coffee or caffeine in tea or soft drinks.
  - Take all your medications as you normally would. Please inform the examiner of any medications that you are taking daily or have taken prior to the exam.
2. Have available your doctor's name, address, phone number, the date and reason for your last visits (especially those in the last five years), and the names and dosages of any prescriptions you are taking.
3. If blood is being drawn, results will be more accurate if no food is taken for at least four to six hours prior to an appointment. Your examiner will advise you of any fasting requirements. (Drinking water is OK!)
4. Drink plenty of water, we suggest a minimum of at least one glass, an hour prior to the exam so you will be able to provide a urine specimen!

All information obtained during your exam is strictly confidential. If you have any questions regarding your examination, please feel free to call us at any time.

If you have to reschedule your appointment, please give us 24 hours advance notice.