



D I D Y O U K N O W

What you eat, and the things you do before your insurance exam, may effect the results of your exam, as well as your underwriting class!
here are some suggestions:

- ✓ Fast for a period of 12-14 hours prior to an examination, allowing the digestive process to be completed, and the liver functions to get back to normal. Fasting for 12 hours before an exam may also lower your cholesterol. Continue to take all *prescribed* medications during this time.
- ✓ Avoid strenuous exercise during the prior 24 hour period -- this could increase the possibility of excess protein in your liver.
- ✓ Avoid drinking coffee and smoking for at least a couple of hours prior to the examination.
- ✓ Avoid alcoholic beverages for a minimum of 12 hours prior to the examination.
- ✓ Drink lots of water before the exam. It's good for you (and helps to facilitate the obtaining of a urine specimen).
- ✓ Have available the names and addresses of any physicians or clinics you may have visited.
- ✓ Try to get a good night's sleep and arrive at the exam early so you will be relaxed.