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TIPS FOR CLIENT'S INSURANCE EXAM

Key things to suggest to your clients, prior to their examination:

- **Avoid strenuous workouts:** 24 hours prior to the exam. This may increase liver function test and urine protein.
- **Drink lots of water** for 3-4 days prior to the exam. This will ensure you are fully hydrated and there are no issues with the blood draw.
- **Restrict salt intake** for 3-4 days prior to the exam. This may have a beneficial effect on the clients blood pressure.
- **No alcohol** 24 hours prior to the exam.
- **Get a good night's rest** and schedule the exam for early morning if at all possible.
- **Plan an 8 hour overnight fast:** This optimizes lipid and blood sugar levels.
- **Avoid all beverages that contain caffeine** at least one hour before the exam, as this may influence blood pressure and pulse rate.
- **Write down and bring with you:** Past medical history, physicians name, address & phone numbers, all current medications or vitamin supplements with the dose and frequency.
- **Do not smoke cigarettes/cigars/ vapor/e-cigs/ chewing tobacco products** within one hour of the exam. Smoking tends to constrict artery walls and elevate blood pressure as does the use of smokeless tobacco and vapor products containing nicotine.
- **Sickness?** If the client has an acute illness (the flu, sinus infection, ect.), consider rescheduling the exam as some acute illnesses may affect the urine and blood test preformed.

The better job your client does in preparing for the medical exam, the better chance of obtaining the most favorable and accurate results that could affect their overall end premiums.

****Exams can be performed in the Greensboro Branch Office Monday through Friday on a walk in basis from 8:30am until 11:30am and between 1:30pm and 4pm daily.****