



## **Waugh Agency, LLC**



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*Insurance  
General Agents and Brokers*

### **YOUR PARAMEDIC EXAM -**

When applying for life or health insurance, insurance companies often ask for a "paramedic" visit to help evaluate the risk. If a paramedic visit is necessary, the paramedic will call you to make an appointment at your convenience either at your home or work - whichever you prefer.

Undressing is not required and the exam usually only takes 15 to 20 minutes. Normally, they will ask some questions about your medical history, check your height, weight, blood pressure, and pulse, and collect a urine and blood specimen.

#### **HERE ARE A FEW SUGGESTIONS TO HELP YOU OBTAIN THE BEST POSSIBLE RESULTS:**

1. Get a good night's sleep the night before the exam. Early morning exams (before breakfast) can have several beneficial effects on the exam findings.
2. Avoid all food and drink (except water) for at least 2 hours prior to the exam (12 hours is best). There can be a dramatic difference between waiting 1 1/2 hour and 2 hours in terms of glucose metabolism after a meal!
3. Abstain from alcoholic beverages for at least 8 hours prior to the exam.
4. Avoid tobacco products for at least 2 hours prior to the exam.
5. Avoid coffee, tea, or other caffeine for at least 2 hours prior to the exam.
6. Limit salt intake and high cholesterol foods 24 hours prior to the exam.
7. Don't engage in strenuous physical activities 24 hours before the exam.
8. Ask to void your urine specimen prior to your blood pressure reading.
9. Advise the paramedic regarding any medication you are taking, even non-prescription medications. Even some sinus or allergy medications could cause some blood tests to appear abnormal.
10. Stay calm - it's a simple process.

Thank you for your business!