

Tips for Insurance Exam

The following tips are to help attain the most favorable and accurate exam results possible.

- ⇒ Stay off salt for 3-4 days prior to exam - may have a beneficial effect on blood pressure.
- ⇒ Non alcohol for 24 hours prior to the exam, as alcohol tends to elevate blood pressure 12 -24 hours.
- ⇒ Get a good night's rest before the examination.
- ⇒ No heavy meals and little or no caffeine on morning of the exam - decaffeinated coffee and a light breakfast would be best.
- ⇒ Do not smoke within 30 minutes of exam. Smoking tends to constrict artery walls and elevated blood pressure.
- ⇒ If the client has an acute illness i.e. the 'flu', the client should consider rescheduling the exam.
- ⇒ The client should tell the examiner if she has her menses as this affects the urine and a notation can be put on the lab slip.
- ⇒ Have exam in the morning because you will be more relaxed.

NO RUSHING!

HYPERTENSION:

No stimulants (caffeine, alcohol, cigarettes)

Morning exam

Blood pressure after client has had a chance to relax - 3 attempts at 10 minute intervals

Should take usual medications

DIABETES:

Exam 2 ½ hours after meal, and no sweets or sugars after the meal

Empty bladder right after meals

1-2 glasses of water before the exam

URINARY SPECIMEN PROBLEMS: (albumin, RBC's, sugar, etc.)

Empty bladder right after meals

Drink 2-3 glasses of water before the exam

No sweets or foods with sugar content before exam

Do not do strenuous exercise such as running for 24 hours prior to the exam.

CORONARY, EKG PROBLEMS:

No stimulants

FINAL TIP

Do not try to hide any medical history - be completely candid with your underwriter.