

What to expect at the time of appointment?

The Medical Exam could consist of the following services

- Blood draw
- Urine sample
- Blood pressure reading
- Height/Weight
- Medical history review
- EKG

What do I need to have ready for my appointment?

- 1 A picture I.D.
- 2 A list of your medications
- 3 Names, addresses, and phone numbers of any doctors or clinics visited within the last year.

Where is the exam conducted?

Our professional examiners perform examinations at your home, workplace, or at our local Apps Office

What happens after my exam is complete?

Any specimens obtained during the examination are sent to our contracted laboratory or another designated laboratory and the results will be forwarded to the insurance company for assessment. Apps Paramedical professionals are not aware of the tests performed on the specimen(s) at the laboratory and do not receive the test results. If any other services are performed, please notify APPS Paramedical Services.



- Iles Medical Testing
APPS Paramedical Branch Office
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- 337-562-0835
- 337-562-8985
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- www.ilesmedicaltesting.com



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PREPARING FOR A LIFE INSURANCE PARAMEDICAL EXAM

When scheduling your exam, be prepared to fast 4-8 hours before exam

Fasting will help you obtain the best lab results. In addition, salty and fatty foods affect your cholesterol and blood pressure so avoid these a week before your exam, if possible. If a week is too much to ask, at least shoot for eliminating fatty and salty foods 24 hours prior to your medical exam. Every little bit helps!

Skip coffee, Skip Nicotine

Skip your morning cup of coffee and cigarette because the caffeine and nicotine may elevate your blood pressure readings that could put you in a higher price (rate class) group.

Be hydrated

Hydration will ensure your examiner can collect an adequate amount of urine and helps assist with blood collection should you require such testing.

Skip alcohol 24 hour prior to exam

Alcohol dehydrates you which can make drawing your blood difficult.

Avoid working out 24 hours prior to exam

Strenuous exercise can raise your blood pressure and pulse rate and can occasionally cause protein in a urinalysis.

Avoid use of OTC medications and nasal decongestants for 24 hours prior

Nasal decongestants and over-the-counter medications, such as antihistamines and ibuprofen, can increase blood pressure.

Get plenty of sleep

When you are well-rested, your blood pressure is lower. Sleep also helps offset anxiety and fear. All these factors lead to better test results and potentially a lower rate class (price) for your life insurance policy.

Congratulations on your recent decision to apply for life insurance. As a part of the application process, you will be asked to have a paramedical examination. It is our goal to ensure you get the best possible rates and experience during your exam. If you have any questions not answered on this brochure, please feel free to contact your agent.