

HERE'S WHAT YOU NEED TO KNOW

What is a paramedical exam and how long does it take?

A paramedical exam involves a highly trained examiner coming to your home or office to ask questions about your medical history, measure your height and weight, blood pressure and pulse. Then, the examiner may also collect blood and urine specimens, and sometimes do an electrocardiogram (ECG). The exam usually lasts approximately 30 minutes. Undressing is not required.

What happens to the information obtained?

Information and test results will be sent to the insurance company for review to help evaluate your individual policy. All of the information obtained during the paramedical examination remains strictly confidential.

Will my signature be required?

You are required to sign a few consent forms. In some cases, the examiner will use our iParamed e-Exam platform, collecting your medical information using a wireless netbook and an electronic pad and stylus to capture your signature.

How is my appointment made?

Portamedic will call you to schedule a date, time and place convenient for you. Or, your agent may call our Instant Scheduling hotline during your initial meeting to make your exam appointment immediately.

Where and when will my appointment take place?

You may decide to have the exam completed at your home or office, or at one of our local branches. You make the decision about the time and date to fit your schedule.

Why are blood and urine testing required?

A range of blood and urine tests are completed by a laboratory to provide important information for underwriting purposes. Results remain confidential.

How much blood is drawn?

Less than one ounce of blood is drawn from a vein, into one to three vials, by an experienced examiner.

Do I need to fast?

You may be required to fast from at least six to eight hours depending on the requirements of the insurance company. Advise your examiner if you have had previous problems with blood draws such as fainting, nausea, difficulty with clotting or if you bruise easily.

Can you get an infectious disease from this blood draw?

No. The sterile materials used are in disposable kits and used only once. The examiner will open the kit in front of you as well as show you the seal being broken on the sterile needle.

Why is a physician sometimes required to do the testing?

An insurance company may require a physician to perform the examination. Portamedic contracts with physicians approved by the insurance company. These physicians provide additional services such as medical exams, treadmill ECGs and X-rays.

What is an electrocardiogram (ECG)?

An ECG test checks for problems with the electrical activity of your heart. An ECG translates the heart's electrical activity into line tracings on paper.

What should I expect during an ECG?

There is nothing painful about getting an ECG. A series of electrodes are fixed to several places on your skin with sticky papers. For this test, you will need a place to lie down. The entire process takes about five to ten minutes.

WE ARE PORTAMEDIC

Portamedic is the leader in collecting the personal health information that insurance companies need to give you coverage. We have 9,000 trained, local medical professionals nationwide.

Our name says it all. Portamedic. *Porta* means mobile. We come at your convenience to your home or office for the exam. *Medic* means medical. Put it all together and Portamedic means a great professional exam experience.

We see thousands of people just like you every day, nationwide. We're here to give you a great exam. That's the Portamedic promise.



TIPS ON GETTING THE BEST EXAM RESULTS

HAVE THIS INFORMATION READY



A FEW DAYS BEFORE THE EXAM

AVOID STRESS

Your blood pressure and pulse could be artificially raised by stress, alcohol, caffeine or tobacco.

EAT LESS SALT AND FATTY FOODS

Stay away from ice cream, cakes, egg yolks and some high-sodium meats like bacon. These foods have higher fat content and are higher in cholesterol.

DON'T DRINK ALCOHOL

Avoid drinking alcoholic beverages, including wine and beer. Alcohol is processed by the liver, and can cause liver enzymes to be elevated.

ONE DAY BEFORE THE EXAM

TAKE A CAFFEINE BREAK

Caffeine can raise your blood pressure. Try to avoid caffeine until after your exam is completed.

FAST

If a blood specimen is required, you may be asked to fast for at least six to eight hours. That means no food or drink except water. Drinking a glass of water an hour before your exam will help in obtaining a urine sample.

DON'T WORK OUT

Running a race, weight lifting or jogging could cause elevated protein in the urine.

AVOID TOBACCO

Don't use any kind of tobacco including cigarettes, cigars, pipes or chewing tobacco.

GET A GOOD NIGHT'S SLEEP

Being well rested means you will be more relaxed during your exam.

DAY OF THE EXAM

DOCTORS AND MEDICAL FACILITIES

Compile a list of your doctors' names and contact information. That includes all the medical facilities you may have used, and the dates of your visits.

MEDICATION DETAILS

Include the names of the prescription and over-the-counter medications you take, the doses and how often you take them.

LIST ANY ILLNESSES OR PAST INJURIES

These details, including dates of treatment, are an important part of your medical history.

PERSONAL IDENTIFICATION

Be ready with your driver's license or other form of government-issued identification. We need to make sure that you are *you*.

Ask your agent about our unique
INSTANT SCHEDULING HOTLINE

NOTE YOUR APPOINTMENT:

_____ : _____
DATE TIME

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FACTS ABOUT YOUR UPCOMING EXAM



www.hooperholmes.com/portamedic