

## Tips for Your Client's Insurance Exam

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

- ⇒ Stay off salt for 3-4 days prior to the exam. It may have a beneficial effect on blood pressure.
- ⇒ No alcohol for 24 hours prior to the exam. Alcohol tends to elevate blood pressure for 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 elevate blood pressure.
- ⇒ If the client has an acute illness (i.e. the "flu"), the client should consider rescheduling the exam as some acute illnesses affect the urine and blood tests.
- ⇒ The client should tell the examiner if she has her menses as this affects the urine. A notation can be put on the lab slip.
- ⇒ Have the exam in the morning because you will be more relaxed. Get to the examining office 10-15 minutes before the exam. **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 1/2 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.

