



## **Preparing for Your Insurance Medical Examination**

- Take your medications appropriately prior to the insurance examination.
- Please fast a minimum of four (4) hours prior to the exam.
- Drink water before the test to be able to provide a urine specimen.
- Have all your doctor's names and addresses available with the dates, purposes and outcome of your most recent visits
- Have ready a list of your medications.
- Identify the time of day when you have the lowest stress level to schedule the appointment.
- Don't drink coffee, other caffeinated drinks or citrus drinks prior to the exam
- Avoid alcohol and nasal decongestants for 48 hours prior to the exam
- Have a picture ID, preferably a driver's license available.
- Don't exercise prior to the exam.
- Don't take the exam if you have a cold or the flu.



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