



Kaw Valley Paramedical Services

2300 SW 29th Street Ste. 124 Topeka, Kansas 66611

How to Prepare for Your Life Insurance Exam



Your Life Insurance Exam is one of the final steps in providing the safety and security you need for your Family or Business.

Most exams will consist of the collection of your vital signs and physical measurements (Height, Weight, Pulse, Blood Pressure), a urine and blood sample and an EKG, if requested. The Examiner will also review and record your medical history.

All medical data and results from specimens that are collected will be forwarded to your Insurance Company. Our Examiners are available to visit your home or business to conduct the exam or in-office appointments may be scheduled at our Topeka Clinic. Please understand that your Examiner has many exams to perform and will sometimes have to travel a great distance to your location so please notify out office as soon as possible if you need to reschedule or cancel your appointment. All mobile appointments must be confirmed in order to dispatch the Examiner to your location. Our Examiner will work in conjunction with you, your Insurance Agent to ensure that your visit is a pleasant one.

Do...Respond in a timely manner when your Examiner calls to schedule your appointment and contact your Agent or Insurance Company if you need to postpone scheduling.

Do...prepare a list of any medications you may be taking (including the names and dosages) and have your Primary Care Doctors contact information available as well as and the date and reason for your last appointment or checkup.

Do...Fast, if fasting is required. Some clients will be asked to fast for 8 hours. If your appointment is in the morning don't eat anything after midnight the night before your exam. (Pregnant women and Diabetics should not Fast).

Do...Take all of your Meds as you normally would. Remember that Blood Pressure Meds will take 2 to 3 hours before their benefits will reduce your blood pressure. They should be taken at a time prior to your exam that will allow them to be absorbed and take effect.

Do...Drink plenty of water. Water will assist your body in providing the Blood and Urine sample that our Examiner will be collecting (if applicable).

Do...Take a walk, get a little exercise for a couple of days prior to your Exam. Your Blood Pressure and vitals could possibly improve.

Do...Get plenty of rest prior to your Exam. Avoid fatty foods, salt, pork, caffeine, coffee, anything that could have an adverse effect on your Blood Pressure. Instead eat healthy cereals, fruit and vegetables and drink plenty of water.

Do...Tell your Examiner if you are over 6 feet tall or weigh over 300lbs as special equipment may be needed in order to complete your exam. Tell your Examiner in advance if you are afraid of needles or have had difficulty with blood draws in the past or any other concerns that you may have. They will be happy to answer your questions and put you at ease.

Do Not...Forget to take your Meds according to your regular schedule. If you have been instructed to Fast, Don't eat or drink anything but water, black coffee or unsweetened tea prior to your Exam as foods high in fat or sugar may have a negative effect on your Blood Sugar and Blood Pressure readings. If you are unable to Fast for the required time, please try to refrain from eating at least 2 hours before your appointment.

Do Not...Fast if Pregnant or Diabetic!

Do Not...Eat a lot of fatty foods, for several days, Don't load up on Coffee (1 cup limit) or Caffeine prior to your Exam. Alcohol should be avoided for several days as it may elevate your blood sugar.

We look forward to meeting you at your exam and please feel free to give us a call at 785-228-2346 if you have any questions.

Thanks,

The Staff at Kaw Valley Paramedical

