

Congratulations

On your recent decision to apply for insurance. As part of the application process, you will have a paramedical examination. We are providing this additional information to help you know how to prepare and what to expect during your exam. If you have additional questions or concerns regarding your exam, please contact your agent.

Easy checklist to help you prepare

A personal history interview may be required and may be completed over the phone or at the time of your exam appointment. Please have the following information available:

- Names and dosages of current medications
- Names, addresses and phone numbers of any doctors or clinics visited in the last five years
- List of medical conditions or diagnoses including date diagnosed, treatment, result of treatment, and treating physician information
- Health insurance member identification numbers for any current health insurance policies (for health insurance applications only)

Next, in order to achieve optimal results, please do the following prior to your life insurance exam appointment:

- Bring a picture ID to the appointment
- Limit salt and high-cholesterol foods 24 hours prior to the exam
- Refrain from drinking alcoholic beverages for at least 12 hours prior to your appointment
- Avoid strenuous exercise 12 hours prior to the examination
- Limit caffeine and nicotine one hour prior to your appointment
- Drink a glass of water one hour prior to the appointment
- Provide any history of problems associated with providing a blood sample
- Get a good night of sleep prior to the examination
- Have any application paperwork that you've received available and ready for the examiner unless otherwise instructed by your agent
- We recommend you wear a mask

Important Insurance Applicant Information



A Quest Diagnostics Company

Safety is our top priority at ExamOne

ExamOne has rigorous procedures to protect individuals, consumers, and our employees. Mask wearing is recommended and may be required by local/provincial mandates in healthcare settings. Our health professionals adhere to safety protocols to help ensure a comfortable, convenient, and safe experience for everyone.

Our health professionals are required to wear gloves, long sleeves, long pants (or scrubs), and closed-toe shoes. Examiner and/or individual may choose to wear a mask during the appointment. Masks may be required at times by local/provincial mandates.

FREQUENTLY ASKED QUESTIONS ABOUT LIFE INSURANCE EXAMS

What is a paramedical exam? A paramedical examination is a personal interview with you to collect information about your medical history. This interview may be performed over the phone or in-person at the time of your examination. This information allows the insurance company to perform a comprehensive evaluation of your current health. The examination usually includes recording of height, weight, blood pressure and pulse. The examination may also include the collection of blood, urine, oral fluid, and an electrocardiogram (EKG) depending on the insurance company's guidelines.

How long does an exam last? Estimated examination times for:
10 to 20 minutes for blood draw and urine
20 to 30 minutes for paramedical exam, blood draw and urine
30 to 45 minutes for paramedical exam, blood draw, urine and EKG

Where is the exam performed? ExamOne professionals perform examinations at your home, workplace or at a convenient ExamOne site.

What if blood has to be drawn? If a blood sample is required by the insurance company, a medically trained ExamOne professional will perform the draw. Only single-use sterile, disposable needles are used to collect the specimen and vinyl gloves are always worn.

What is an EKG? If an electrocardiogram (EKG) is required by the insurance company, it will be performed at the time of the examination. An EKG records electric impulses of the heart. Testing is usually complete in less than 10 minutes.

What happens when the exam is complete? Any specimens obtained during the examination are sent to our laboratory or another designated laboratory and the results forwarded to the insurance company for assessment. ExamOne professionals are not aware of the tests performed on the specimen(s) at the laboratory and do not receive the test results.

Please contact us if you have any questions, concerns or cannot keep your appointment time and have to reschedule at 1.800.952.2350.

For more information visit [ExamOne.ca](https://www.ExamOne.ca)

APPOINTMENT DATE	TIME
LOCATION	
LOCATION TELEPHONE	
EXAMINER NAME	
EXAMINER PHONE	