

Eight Hints for a Successful Para-Med

01. Fast for a minimum of twelve hours before your exam.

02. Avoid all caffeine if possible for twelve hours before your exam. (Caffeine can cause subtle changes to your lab results which, even though not serious, could result in a change to your insurance rates.)

03. Drink plenty of water for the two days prior to your exam. For most people this is an additional 2-4 glasses more water than you normally drink in a day. Coffee tea and other beverages do not count. Just Water.

04. Avoid as much fat in your diet as possible for three to five days prior to your exam.

05. Avoid all alcohol for twenty-four hours prior to your exam.

06. Do **NO** strenuous exercise before your exam.

07. We suggest having your exam in the morning before coffee and breakfast. In the morning is normally when your blood pressure is at it's best, and is when you are usually the most rested and relaxed. It is also the easiest way to do the twelve hours of *fasting*.

08. You will most likely be asked to give a urine sample at the time of your exam. Be sure to drink an ample amount of water before your exam to accomplish this.

By following these simple suggestions you should have the best possible para-med exam which will assist your agent in obtaining the best possible insurance rates for you.