



Preparing for Your Medical Exam

Ensure a smooth process and favorable results

Taking a medical exam is an important step in securing the best possible rates for your life insurance policy. Here are some best practices to help you prepare and optimize your results:



1. Prepare in Advance

- Know What to Expect – The exam usually includes a medical questionnaire, blood pressure, height and weight measurements, and blood and urine samples.
- Get Plenty of Sleep – Aim for at least 7-8 hours of sleep the night before your exam to help keep blood pressure and stress levels low.
- Stay Hydrated – Drink plenty of water in the days leading up to the exam.



2. Be Mindful of Diet and Exercise in the Days Leading up to Your Exam

- Eat Healthy – Avoid processed foods, high-sodium meals, and excessive sugar.
- Limit Alcohol and Caffeine – These can elevate blood pressure and affect liver function tests.
- Avoid Red Meat and High-Fat Foods – These can increase cholesterol levels.
- Reduce Salt Intake – This helps keep blood pressure at a normal level.
- Avoid Strenuous Exercise – Intense workouts 24-48 hours before the exam can temporarily raise blood pressure and pulse, and potentially impact blood/urine results.



3. Watch Consumption the Day Before

- Fasting is Usually Required – If the exam includes bloodwork, fast for 8-12 hours.
- No Smoking or Nicotine – at least a day before, as it can elevate blood pressure.
- Skip Supplements – Some supplements can affect lab results.



4. Stay Calm

- Schedule Morning Exams – The body is naturally in a fasting state, and blood pressure is likely to be lower.
- Avoid Stress – Practice deep breathing or meditation to stay relaxed.



5. Provide Accurate Information

- Be Honest - Misrepresenting medical history can lead to policy denial.
- Know Your Medications - Ensure the examiner knows about all prescribed medications.