

Exam Instructions and Hints

A paramedical exam is an interview conducted by a trained healthcare professional to help an insurance company assess your health and medical history. Here are some helpful tips to review before your paramedical exam. Keep in mind that the insurance company reviews your medical history, financial stability, and social activities in addition to your exam. So, while the exam is important, it is not the sole determinant of your insurance rating. Contact your Crump team if you have any questions.

1. Prepare

- Have your photo ID and insurance card handy for the exam.
- Get a good night's sleep before the exam.
- Drink a glass of water one hour before the exam.

2. Medical history

- Have available names, addresses, and phone numbers of any doctors or clinics visited in the last five years.
- Provide any history of problems associated with providing a blood sample.

3. Medications

- Provide names and dosages of current medications.
- Tell the examiner if vitamins or aspirin are taken on a daily basis.
- Many "organic" products stay in your system for up to 30 days and can have a negative impact on your blood testing.
- Avoid the use of nasal decongestants if possible for 24 hours before the exam (can increase blood pressure readings).

4. Morning appointments

- Appointments in the morning tend to be best, as the stress of the day has not had a chance to impact your blood pressure.

5. Fasting

- Don't eat or drink anything other than water eight hours before the exam.
- Limit caffeine intake 24 hours before the exam (can increase blood pressure, cholesterol).
- Limit salt and high-cholesterol foods 24 hours before the exam.

6. Drinking and smoking

- Refrain from drinking alcoholic beverages for at least 24 hours before the exam.
- Limit nicotine intake 24 hours before the exam (can increase blood pressure, cholesterol).
- Smokers should not smoke 30 minutes before exam (tends to constrict artery walls and elevate blood pressure).

7. Urine specimen

- Women should notify the examiner if menstruating at the time of exam (can cause blood in the urine specimen).
- If possible, give your specimen before having your blood pressure taken since the elimination of fluids tends to moderately lower your blood pressure.

8. Exercise

- Tell the examiner if exercise is a regular activity.
- Avoid strenuous exercise for 48-72 hours, as it could elevate your liver functions.

>> See reverse side for guidelines regarding special impairments.

If you have one of the following medical impairments, follow these additional guidelines:

Hypertension:

- Avoid stimulants (for example: caffeine, alcohol, cigarettes)
- Schedule a morning exam
- Have the examiner take blood pressure after you had a chance to relax — three attempts at 10-minute intervals
- Take usual medications
- If you anticipate needing a larger blood pressure cuff please alert the paramed facility when scheduling the exam



Diabetes:

- Schedule the exam for two and a half hours after a meal (no sweets or sugars after the meal), but if blood is being drawn, fast for eight hours before the exam
- Empty bladder right after meal
- Drink one to two glasses of water before the exam

Urinary specimen problems (for example: albumin, red blood cells [RBCs], sugar, etc.):

- Empty bladder right after meal
- Drink two to three glasses of water before the exam
- Avoid sweets or foods with sugar content before the exam
- Avoid strenuous exercise, such as running, for 24 hours before the exam

Coronary/EKG problems:

- Avoid stimulants (for example: caffeine, alcohol, cigarettes)

