

Exam Tips

To save you time and to obtain the best possible results, please follow these helpful suggestions:

Blood pressure and pulse can be artificially raised by stress, alcohol, caffeine and tobacco.

- ✓ *Get a good night's sleep.*
- ✓ *Abstain from alcoholic beverages for at least eight hours prior to the examination.*
- ✓ *Do not smoke or chew tobacco for at least one hour prior to your examination.*
- ✓ *Avoid drinking coffee, tea or caffeinated soft drinks for at least one hour prior to your examination.*
- ✓ *Limit salt intake and high cholesterol foods 24 hours before your examination.*
- ✓ *Do not engage in strenuous physical activities 24 hours before the examination.*

Drink a glass of water an hour or so before your appointment. This will help in obtaining a urine specimen.

If a blood specimen is required, you will be informed of any fasting requirements.

You may wish to keep this brochure close to your telephone so you can fill out the date and time when the Telemed interviewer calls to schedule your appointment.

Date: _____

Time: _____

Notes:



Visit our website for more information at:

www.portamedic.com

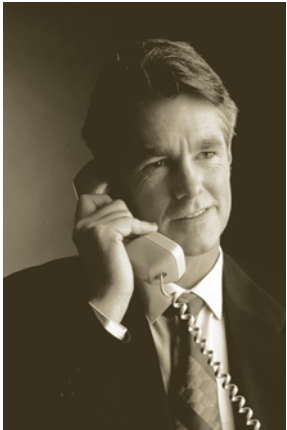
800.443.1417



WHAT IS A TELEMED EXAM?



The Telemed Interview



What is a Telemed interview and how long does it take?

As part of the routine insurance application process, medical information and possible lab tests have been requested by your insurance company.

One of our trained interviewers will call you at your convenience to gather this information. The interview usually is less than fifteen minutes.

The Telemed Interviewer May Ask for Information Such As:

- Medical History Information
- Occupation, Hobbies, Sports & Aviation Information
- Income & Finances
- Tobacco & Drug Use

All information is kept strictly confidential and will be released only to the insurance carrier.

Expediting the Interview

To expedite the interview, please have the following information available:

- Names and Address of Physicians
- Dates of Medical Visits
- Names of Medications & Dosages
- Information regarding past injuries and illnesses
- Driver's License Number

The Exam

The interviewer may schedule an examiner to visit at a time, date and place convenient to you. During the visit the examiner may collect:

- Measurements of your height, weight, blood pressure and pulse
- Urine samples
- Blood samples
- ECG (no undressing required)
- Your signature verifying that all information obtained during the Telemed interview is accurate



Blood Pressure Measurements

Why will a urine sample be collected?

A urine specimen may be collected during the examiner visit. The tests completed are determined by the insurance company and are performed by a laboratory. The test results will be sent only to the insurance company and are used in the underwriting process.

Why is blood testing required?

Blood testing provides important information for underwriting purposes. The tests are completed by a laboratory and the results are sent only to the insurance company.

How much blood is required?

Less than one ounce of blood is drawn from a vein, into 1-3 vials, by experienced personnel.

You should advise your examiner if you have had previous problems such as fainting, nausea, are currently taking large doses of aspirin, have difficulty clotting or bruise easily.

Electrocardiogram (ECG)

An electrocardiogram is a reading of the electrical impulses associated with cardiac contraction and relaxation. The ECG does not cause any pain.

- You will be asked to lie down flat, shirt unbuttoned.
- Women must remove stockings.