
PAPERWORK REQUIRED

You will be asked to sign an authorization to allow the lab to release your results to the insurance company. The number and types of forms will vary from company to company and state to state.

WHAT HAPPENS TO THIS INFORMATION?

All the information obtained during the paramedical examination is strictly confidential and for insurance purposes only. It will be forwarded to the insurance company to help them evaluate your application for insurance.

If unable to keep your appointment, please call our office at (781) 736-0077, ext. 120, so we can alert your examiner.

And as always, if you have any questions, please do not hesitate to contact us.

Paramed Appointment:

Date: _____

Time: _____

**HOW TO PREPARE
FOR YOUR
PARAMED EXAM**

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WHAT IS A PARAMED EXAM?

- ❖ It can be a physical exam, EKG and/or simply a blood and urine test conducted by a doctor or nurse.
- ❖ Usually a health history is completed by the examiner.
- ❖ The examiner then sends the forms and lab results to underwriters at your insurance company.

WHAT SHOULD I EXPECT?

- ❖ A professional examiner will call you to schedule an appointment at your earliest convenience.



- ❖ The examiner will come to your home or office, whichever is better for you.
- ❖ Most exams take 20 to 25 minutes, depending on the requirements involved.
- ❖ The examiner may ask to see your driver's license to verify you are the correct individual to be examined.

YOUR ACTIONS CAN AFFECT TEST RESULTS!


Blood pressure and pulse can be artificially raised by stress, alcohol, caffeine and tobacco. To obtain the best possible results, please consider these suggestions:

DO:

- Get a good night's sleep before the exam.
- Follow paramed recommendations for fasting or plan an 8 hour overnight fast (optimizes lipid and blood sugar).
- Drink plenty of water:
 - Three to four 8 oz. glasses of water the day before the exam.
 - One glass of water approximately one hour before the appointment (this will help in obtaining a urine specimen).
- Think about your medical history. Write down physician's names, addresses and dates of visits. Be sure to include information on injuries and major illnesses during the past five years.
- Have available names of all current medications, dose and frequency including over-the-counter medications, herbs and other supplements.



AVOID:

- ⊖ Alcohol intake 8 to 12 hours prior to exam (may influence blood pressure and pulse); 
- ⊖ Eating a fatty, rich meal the day of, or evening prior to your appointment. If possible, fast at least 4 to 6 hours prior to the appointment;
- ⊖ Beverages containing caffeine (coffee, tea, soda) at least 1 hour before exam (may influence blood pressure and pulse);
- ⊖ Strenuous workout 24 hours prior to exam (may increase liver function tests and urine protein).
- ⊖ Smoking for at least one hour prior to your examination (24 hours is better.)
- ⊖ Excessive salt intake 24 hours prior to your exam.

FYI:

Blood Pressure: If you are prone to high blood pressure, while waiting for your exam practice "relaxation breathing". Some individuals suffer from "White Coat Syndrome". This means their blood pressure tends to increase simply because a professional is performing an exam. To combat this, let the examiner know if the reading they get is unusual for you. Request that they recheck your pressure.