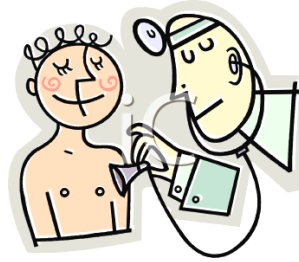


**Tip**  
Book your appointment in the morning so that most of your 'fasting' hours are spent sleeping!



# Your Insurance Medical

Be well rested.

Wear short sleeves or sleeves that can easily be rolled up and dress lightly.

Drink a glass or two of water 1 to 2 hours prior to your appointment.

If you are feeling ill, suffering from significant pain, or are under severe stress on exam day, you should reschedule your appointment.

**AVOID:**

Any heavy exercise for 24 hours.

Alcoholic beverages for 24 to 48 hours.

Smoking for at least 2 hours.

Any form of caffeine for several hours.

**If you are not having any blood work completed**, avoid drinking or eating for at least 2 hours; you may drink water.

**If you are having blood work completed**, please note that most insurance companies recommend a 12 hour fast. Your nurse will advise of the particulars of your requirements when you book your appointment. Fasting consists of no food or drink, with the exception of water.

Refrain from using non-prescription and herbal medications for at least 24 hours. You may continue with any prescription medications you are taking and you should bring them with you on exam day.

Insurance exams generally take only about 30 minutes to be completed and can be performed at your home, office, or at a medical clinic.

Have the **name and address of your family physician** with you during your appointment.

We can **pre-arrange your appointment!** Let us know if you're interested as we are happy to assist in making this process as smooth as possible!

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