



A life insurance exam is typically quick and straight forward. Please be prepared to go through a medical history questionnaire, blood draw, urine sample, height, weight and sometimes a resting EKG. The exam takes 30 minutes and another 30 minutes if an EKG is needed.

Below are a few other TIPS to consider before your exam.



### APPOINTMENT TIME

For most people, scheduling an early morning exam yields the best results. Have your exam done before the pressures, tension and stresses of the day have kicked in.



### ALCOHOL

Avoid alcohol consumption 24 hours prior to your exam as it may produce results uncharacteristic for you.



### MEDICAL HISTORY

Before the exam, obtain names, dates and addresses of medical professionals you have seen in the recent past. Write down all medications you are taking and any medical history of your parents and siblings involving cancer, diabetes, heart disease or stroke. Please inform us of any pending appointments ASAP.



### SLEEP

Do your best to get a good night's sleep the night before your exam; show up well rested.



### WATER INTAKE

Drink a glass of water 1 hour prior to the appointment.



### CURRENT MEDICATIONS

Please provide names and dosages of current medications.



### RELAX

Set aside a few extra minutes to relax before your appointment. This helps relieve tension and may yield a more accurate blood pressure reading.



### TIME

Plan on a half hour for a full exam plus another half hour if an EKG is needed.



### FOOD INTAKE

For best results, do not eat or drink anything other than water 6-8 hours prior to your exam. Watch what you eat for several days before your exam. Avoid uncharacteristic consumption of rich and fatty foods, as well as foods high in sugar or salt.



### IDENTIFICATION

Be sure to bring your driver's license or alternate photo identification to the appointment.



### CAFFEINE

Avoid caffeinated beverages 24 hours prior to your exam as they may produce results uncharacteristic for you.



### EXERCISE

Avoid strenuous exercise for 48 to 72 hours prior to the exam as heavy exercise may temporarily produce abnormal lab readings.



### OBTAIN YOUR RESULTS

Go to [www.accessmylab.com](http://www.accessmylab.com) and enter the Slip ID number from the exam brochure provided during your appointment. Next, enter the last four digits of your phone number and the PIN number, which will be sent to you via phone call or text message. The results will be available for you to review and print.

Tyler Horning

P: 419.794.1082 | E: [thorning@tdclife.com](mailto:thorning@tdclife.com)



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Go to [www.myexamone.com](http://www.myexamone.com) and register using the bar code number from the exam brochure provided during your appointment. Once the results are available, you will receive an email notification that will contain a link. You will login with a username and password, read and accept the Terms of Use and then the results will be available.

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