



Paramed Solutions LLC

How To Prepare For Your Upcoming Insurance Exam

- 1. Drink Water.** Make sure to drink plenty of water the day before, and day of your scheduled appointment. This will ensure hydrated veins for your blood draw (if required) as well as ensure you're able to collect a urine sample (if required)
- 2. Fasting.** Most insurance companies require that you don't eat or drink (other than water) for your scheduled exam. We will let you know the exact required amount of fasting time when scheduling your exam. The standard fasting requirement is 4-8 hours.
- 3. Nursing.** We do not recommend fasting while you are pregnant or nursing. Insurance companies do not require a fast if pregnant or nursing. Please follow water requirements.
- 4. Medications.** For most cases, you will need to list any medications you are taking at the time. This does include vitamins, cold medicine, over the counter medications, prescription drugs. Please have these medications readily available for the examiner to notate when appointment is being completed.
- 5. Personal Identifications.** When the examiner arrives for your insurance exam, she will ask to see your Driver's License, this will ensure that she is seeing the correct applicant, as well as she will need to write down your driver's license number & state. The examiner will also need to write down your social security number, so please have that readily available.
- 6. Call us.** We recommend calling your examiner if you have any questions on preparing for your exam, or if you questions on your procedures. Please call us or your examiner, if you have any changes to your scheduled appointment, and know that you will not be able to meet.



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