



A Quest Diagnostics Company

1. Schedule your paramedical exam as soon as possible. Your policy cannot be issued until all medical requirements are complete.
2. Fasting prior to your exam is not necessary. Your laboratory test results will not be affected.
3. If you are taking prescribed medication, inform the examiner of the type, dosage and frequency of use.
4. Avoid drinking alcoholic beverages at least 12 hours prior to exam.
5. Do not smoke at least one hour prior to your exam.
6. Limit salt intake and high cholesterol foods 24 hours prior to your exam.
7. Avoid OTC medication if possible; always take prescriptions per doctors' orders.
8. Avoid strenuous physical activities 12 hours before your exam.
9. Be sure to drink plenty of water if a urine specimen is needed.
10. Have all medical history available including names, addresses, dates, nature of treatment and phone numbers of all physicians you have been treated by in the past five years.

Insurance Examination Appointment

Date: _____

Time: _____

Examiner Name: _____

Examiner Phone: _____

Top 10 Items to Know
Prior to Your Exam