



When its time for your teleinterview and exam its only natural for you to have questions. At American General Life Companies we want to make sure you are prepared and have answers to your questions before the process begins.

Contact your financial professional with any questions and thank you for choosing American General.

American General Life Companies

American General Life Insurance Company (AGL) 2727-A Allen Parkway, Houston, TX 77019. **The United States Life Insurance Company in the City of New York (USL)**, One World Financial Center, 200 Liberty Street, New York, New York 10281. American General Life Companies, www.americangeneral.com, is the marketing name for a group of affiliated domestic life insurers including AGL and USL.

©2012. All rights reserved.
AGLC105726

CLIENT PREPARATION GUIDE



Preparing
for your
teleinterview
and exam

**American
General**
Life Companies



What you can expect

Within 24 hours, you will be contacted to begin your paramedical process. At this time, one of their trained medical professionals will begin your 20–30 minute interview.

How to prepare for your telephone interview

Having the following information available will help you be prepared for the phone interview:

- Your driver's license number
- A list of your attending physicians and their addresses
- A list of all prescription and nonprescription medications you take
- A list of your recent physician visits

How to prepare for your exam

Your paramedical exam should take about 20 minutes. During the exam, a trained medical technician will ask a series of questions and will provide you with an application package. You will need to review and provide your signature to complete your paperwork.

Your exam may include:

- Height and weight measurements
- Blood pressure and pulse
- Urine and blood samples
- Depending on your age and medical history, an EKG may be required

Tips for a successful exam

- Don't eat or drink (other than water) for at least four hours prior to exam. An eight-hour fast is recommended.
- Avoid alcohol, caffeine and meat products 8–12 hours prior to the exam.
- Allow an extra 15–20 minutes for an EKG (if required)
- Avoid smoking one hour prior to the exam.
- Avoid strenuous activity or exercise for two hours prior to the exam.