Life Insurance Exam Tips:

5-7 Days Before Your Exam
- Stick to a healthy diet the week prior to your life insurance medical exam. Minimize the use of salt and avoid sugary excess fatty foods.

3 Days Before Your Exam
- Do not drink any alcohol products for 72 hours prior to your life insurance medical exam. Alcohol is processed by the liver and can cause liver enzymes to become elevated.

1 Day Before Your Exam
- Stay away from ALL caffeine products. Caffeine can elevate blood pressure.
- Avoid nasal decongestants and pain medication such as aspirin, acetaminophen and ibuprofen (unless directed otherwise by your doctor).
- Do not participate in any strenuous exercise. No jogging, weight lifting or swimming. This can cause elevated protein in the urine.
- Fast 8-10 hours prior to the life insurance medical exam.

The Morning of Your Exam
- Don’t eat breakfast or use any form of tobacco before the life insurance medical exam.
- Have a list of your doctors, including addresses and phone numbers on hand.

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