



IF I WAS AN AGENT

How Would I Schedule a Medical Exam?

HERE'S HOW

Try to schedule exams in the morning

Eat breakfast but shun sweets

Do not eat food within two hours of the exam

Do not exercise the morning of the exam

No excessive exercise seven days prior to fluid collection

No tobacco within 1 hour of exam

Don't change your usual daily coffee intake

If client has thick arm, use large blood pressure cuff

Do the exam at the client's house, not at the business - or try to schedule exam at a fixed exam site

If your client has just been in the hospital, wait a week

If there are any breaks, bruises or if the client is recovering from a cold or flu, allow them to heal before the exam

If they have a fight with a spouse or friend, postpone the exam

If there is an unusual occurrence such as an accident, postpone the exam



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