



## Preparing for your insurance medical exam with Portamedic®

### Who is Portamedic®?

Portamedic®, the health information division of Hooper-Holmes Canada Limited, is recognized as Canada's leading paramedical provider. We work in partnership with your agent and your Insurance company to provide paramedical services.

### What is a Paramedical?

A paramedical is a document used to obtain your medical information. As part of the underwriting process, for your insurance application, it is necessary for medical services to be performed.

### Where and when will the paramedical exam take place?

A Portamedic® Health Professional will contact you to schedule an appointment at your earliest convenience. To meet your needs, the exam may be performed at your home, office or an exam centre.

### What is included in the exam and how long will it take?

A routine exam includes your medical history, height, weight, urinalysis, blood pressure and pulse. The exam can usually be completed in **twenty minutes**; although may be longer contingent upon your medical history. Some of the questions may appear repetitive, but are necessary.

### What kind of medical information will be asked?

The Health Professional will ask you the names and addresses of your physicians and/or specialists. They will also ask about any illnesses, surgeries, medications or any other treatments you may have had. You may wish to make notes in advance to save yourself time during your examination.

### Are there any other requirements?

If additional testing is required, such as an ECG or blood test, you will be notified in advance by the Health Professional at the time that your examination is scheduled.

### Specifics About Your Exam

In addition to completing the paramedical form, the Health Professional, will measure your weight, height, blood pressure and may need to draw blood. If required, the Health Professional will draw enough blood for 2-5 tubes.

As most of us tend to be a little nervous when it comes to having our blood drawn, you are encouraged to sit or lie down during the process. Feel free to discuss any apprehension you may have with the Health Professional. Every person is different and their veins may vary. If it appears that the Health Professional is taking their time, it could be that your veins are difficult to locate and should not be taken as an indication of the Health Professional's abilities. You may notice slight bruising following your blood draw. Any bruising will disappear within a few days.

At your request, a copy of your blood test results can be forwarded directly to your personal physician. Please address this request in writing to the Underwriting Department of your insurance company.

### Will my signature be required?

The Health Professional will advise you to review and sign the completed paramedical to confirm the accuracy of the information that you have provided. They will also request your signature for the Notice of Consent form which provides your consent for the requirements to be completed and authorizes the laboratory to release your test results to your insurance company.

### About our Health Professionals

All of our Health Professionals are carefully selected for their medical training, and customer service skills. We ensure that they can consistently meet the high standards that are synonymous with Portamedic®. Rest assured you are in good hands.



### Privacy

Protecting personal information is important to us and we recognize our responsibilities in safe guarding all information. If you would like to review our Privacy Policy, please visit [www.hooperholmes.ca](http://www.hooperholmes.ca) and click on Privacy or contact us at 866-493-2800

Disrobing is not required, but please wear a garment which is short sleeved, or has sleeves that can easily be rolled up, to facilitate the taking of your blood pressure.

If you have large biceps or upper arms, please advise the health professional in advance as she will need to bring a large blood pressure cuff to the exam.

◆ **TAKE A BREAK**

Avoid caffeine for several hours before the exam.

Avoid alcoholic beverages for at least eight hours before the exam.

Do not smoke for at least one hour prior to your scheduled appointment.

◆ **AVOID THE GYM**

We recommend that you avoid any strenuous exercise or activities for 12 hours prior to your exam. If you have had a blood draw, we also recommend that you avoid any strenuous activity or heavy lifting for at least 24 hours following your blood draw

◆ **FAST**

No food for 8 to 10 hours before a blood test is also recommended; unless you suffer from certain medical conditions.

◆ **ENJOY**

As much **water** as you like! Ensure to drink a glass of water one hour prior to your scheduled exam to help facilitate obtaining a urine sample.



**Medical Information**

**Family Physician (s)/Specialist (s)**

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**Family Physician (s)/Specialist (s)**

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**Illnesses/Conditions/Injuries:**

**Date/Diagnosis:**

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**Treatment/Medication:**

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**Additional Information:**

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**Current Medication:**

**Name:** \_\_\_\_\_

**Dosage:** \_\_\_\_\_

**Reason:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Dosage:** \_\_\_\_\_

**Reason :** \_\_\_\_\_

**Information to have ready for your exam:**



**Name and address of family physician**



**List of current medication:**  
Names of prescriptions, the dose and the frequency



**List of illnesses:**  
Please include dates of treatment



**Personal Identification:**  
Please have photo identification ready to provide to the Health Professional

**Your appointment is scheduled for:**

\_\_\_\_\_ : \_\_\_\_\_  
**Date** **Time**



**Corporate Office:**  
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[www.hooperholmes.ca](http://www.hooperholmes.ca)