

# Everything you need to know

About your insurance medical exam

*During the COVID-19 Pandemic*



Your insurance company has selected Dynacare Insurance Solutions to complete your paramedical exam and provide lab testing services. This exam is a standard part of the insurance applicant process. We are taking extra precautions for the health and safety of you, the applicant, as well as our health professionals.

Our health professional will go to your house to complete the medical exams. If you prefer to have the exam conducted in a fixed facility (a Dynacare office, hotel conference room or other fixed location), this option might be available to you. Our Health Professionals will be utilizing **PPE (Personal Protective Equipment) including mask, face shield/goggles, sanitizer and gloves** so you can be assured of a safe and healthy environment for your medical exam.

Here's what to expect and how to prepare before your appointment:

#### PREPARING FOR YOUR EXAM

- Please wear loose fitting clothing in order for us to access your upper arm. You will not be required to undress.
- Fasting may be required, depending on the type of test.
- Please drink at least one glass of water (not milk or pop) before your appointment to help with the blood draw and urine collection.
- Avoid alcohol for up to 24-48 hours before your appointment
- Refrain from having caffeine and nicotine for at least an hour prior.
- Avoid vitamins and supplements for at least 24 hours
- Continue to take prescribed medications
- Avoid strenuous activity for at least 24 hours before and after your exam to minimize bruising
- Please have photo ID ready (driver's license or passport)



## ADDITIONAL PRECAUTIONS BEING TAKEN

- *It is mandatory that you wear a mask for your appointment. Our health professional will be wearing a mask, gloves and a face shield.*
- *During the appointment, other people will not be allowed in the room where we are conducting the medical exams, unless strictly necessary. This includes family, children, pets, etc.*
- *Dynacare will schedule the appointment with you. To keep everyone safe, we will conduct a screening questionnaire when booking the appointment, and again before our health professional enters your house to complete the appointment.*
- *All the health professional's equipment is cleaned and sanitized between each appointment, including blood pressure cuff, scales, pens, etc.*
- *You will be asked to sanitize your table in front of our health professional before they can place down their medical supplies.*

## DURING YOUR EXAM

- The paramedical exam will take approximately 30 minutes.
- *Your height, weight, blood pressure and pulse rate will be measured.*
- *A sealed sterile kit will be used to collect blood (up to 3 vials) as well as urine.*



We understand the increased concern surrounding your health and safety at this time. We have developed these guidelines to ensure your paramedical exam experience is as safe and comfortable as possible .

For more information, contact us today!

800.361.3771