



GEORGIA**Benefits, Inc.**

**Suggestions for the best results on your medical exams:
(Please have Picture ID Ready)**

We have some suggestions for you to receive the most accurate exam results; and will help you avoid false or incorrect test results from occurring as well:

- Make sure you fast for eight (8) hours before the exam
- It is better to try to schedule your exam early in the morning
- Schedule your exam where you are most comfortable having these tests done
- Drink water and try to urinate at least twice the day of your exam
- Do not overload with vitamins on the days prior to the exam
- Do not drink any alcohol or take unnecessary medications for several days prior
- Do not exercise the day of the exam prior to completing the tests
- Have a list of all current medications [or the prescription bottles] ready
- Have a list of all physicians names, addresses and phone numbers

If an EKG is required as part of your exam:

- Please avoid Creams / Lotions / Oils (allows for better lead placement)
- Please have a private location available. You will need to remove shirt and undergarments.

As always, if you have any questions or concerns, please do not hesitate to call us to discuss. We are happy to be of service and assist you with your insurance needs.

If you are not feeling well or if you feel you need to cancel the examination, please contact our office or the examiner and advise you need to reschedule. Please do not proceed with the insurance examination.

Contact Your Life Markets Team for Assistance

Reina Ruiz (678) 680-6063

Joan Thai (678) 680-6067

Monday – Friday 7 am – 5 pm