

## Some Specifics About the Test

The Portamedic Health Professional will draw enough blood for 2 small tubes. Approximately 15-17 cc of blood will be needed to perform all of the tests required.

Because most of us tend to be a little more nervous when it comes to having our blood drawn, it is best to sit or lie down while the procedure is being done. Feel free to discuss any apprehension you have with the Portamedic examiner so she can make you feel as comfortable as possible.

People are different and their veins can vary. If the examiner seems to take some time, it could be that your veins are difficult to find and it should not be taken as an indication of the examiner's ability. You may notice a slight temporary bruise following your test, but you should not experience any discomfort or swelling. Any discoloration will disappear in a few days.

After your blood sample is taken, it will be sent to a laboratory, as specified by your insurance company, where it will be analyzed according to their specifications. All results will be reported directly to your insurance company in the strictest of confidence.

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

## Required Paperwork You'll Need to Sign

You will be asked to sign a Notice and Consent form in order for the laboratory to release your test results to your insurance company. You will be provided with the necessary form requiring your signature.

We recommend that you utilize this page to record your medical history information prior to your appointment

### Portamedic Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Place: \_\_\_\_\_

### Notes on Medical History

#### Personal Physician(s):

Name/Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name/Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

#### Illnesses:

Date/Diagnosis: \_\_\_\_\_

\_\_\_\_\_

Treatment/Medication: \_\_\_\_\_

\_\_\_\_\_

Additional Information: \_\_\_\_\_

\_\_\_\_\_

#### Present Medications:

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

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

Reason for: \_\_\_\_\_

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

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

Reason for: \_\_\_\_\_



## Health Surveys

A Service of  
Hooper Holmes Canada Ltd.

To accompany your application for insurance, a brief examination and/or a blood test may be necessary.

## Portamedic and Your Insurance Company

Are working together to provide you with the highest quality of services.

Our pledge to you....  
Professional care in all we do.

This brochure briefly describes the blood test and examination. The information contained inside will explain and answer questions you may have.



## Who is Portamedic?

Portamedic is a national company supporting the insurance industry, by providing paramedical & medical services. Carefully trained examiners will complete the examination.

“Why do I need to complete medical requirements?”

As part of the underwriting process, it is sometimes necessary for medical services to be performed. If it is deemed necessary, you will be advised by your agent to expect our telephone call. The quicker that these requirements are completed, the quicker the policy will be issued.

## About the Examination

“Where and when will the exam take place?”

A highly trained professional examiner will call you and will schedule an appointment at your earliest convenience. To meet your needs, the exam may be performed at your home, office or our exam centre.

“If I live in a rural area, how can I help to have my medical requirements done as quickly as possible?”

In some rural areas, a Portamedic Health Professional may not be available. In situations such as this, it may be necessary for you to be seen at a local clinic or by an examiner in another town. We would ask for your cooperation in making such arrangements.

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

A routine examination includes your medical history, height, weight, urinalysis, blood pressure and pulse. The exam is usually completed in twenty minutes. You may find that some questions may have already been asked of you by your agent.

“What kind of medical history will be asked?”

The health professional will ask the names and addresses of your physicians and/or hospitals. S/he will also ask about any illness, surgery, medication or other treatments you may have had. You may wish to make a few notes in advance to save time during the examination. (For your convenience, space is provided on the back of this brochure)

“Are there any other requirements?”

If additional testing is required such as an ECG or blood test, you will be notified in advance.

“What happens to this information?”

All the information obtained during the examination is kept confidential. The information is strictly for insurance purposes only and is sent to your insurance company upon completion.

## About our Examiner

All of our examiners are trained, qualified health professionals licensed in their respective Provincial Jurisdictions.

**To obtain the best possible results, we suggest you follow a few simple steps.**

- Undressing is not required, but please wear a garment which is short sleeved, or has sleeves that can easily be rolled up.
- Drink a glass of water one hour or so before the exam as this will facilitate obtaining a urine specimen.
- Avoid caffeine for several hours before the exam.
- Do not smoke for at least one hour prior to your scheduled appointment.
- Avoid alcoholic beverages for at least eight hours before the exam.
- Fasting 8 to 10 hours before the blood test may be a requirement but is also recommended.
- If you have large biceps or upper arms, please advise the nurse in advance as she will need to bring a large Blood Pressure cuff to the exam.

## Your Insurance Blood Test

The Portamedic Health Professional will bring all of the necessary equipment which will include sterile needles, gloves, collection tubes and bandaids.

All needles are new, 100% sterile and never re-used. You may ask to see if the seal on the needle cover is intact. When the seal is not broken, the manufacturer guarantees that it is sterile.