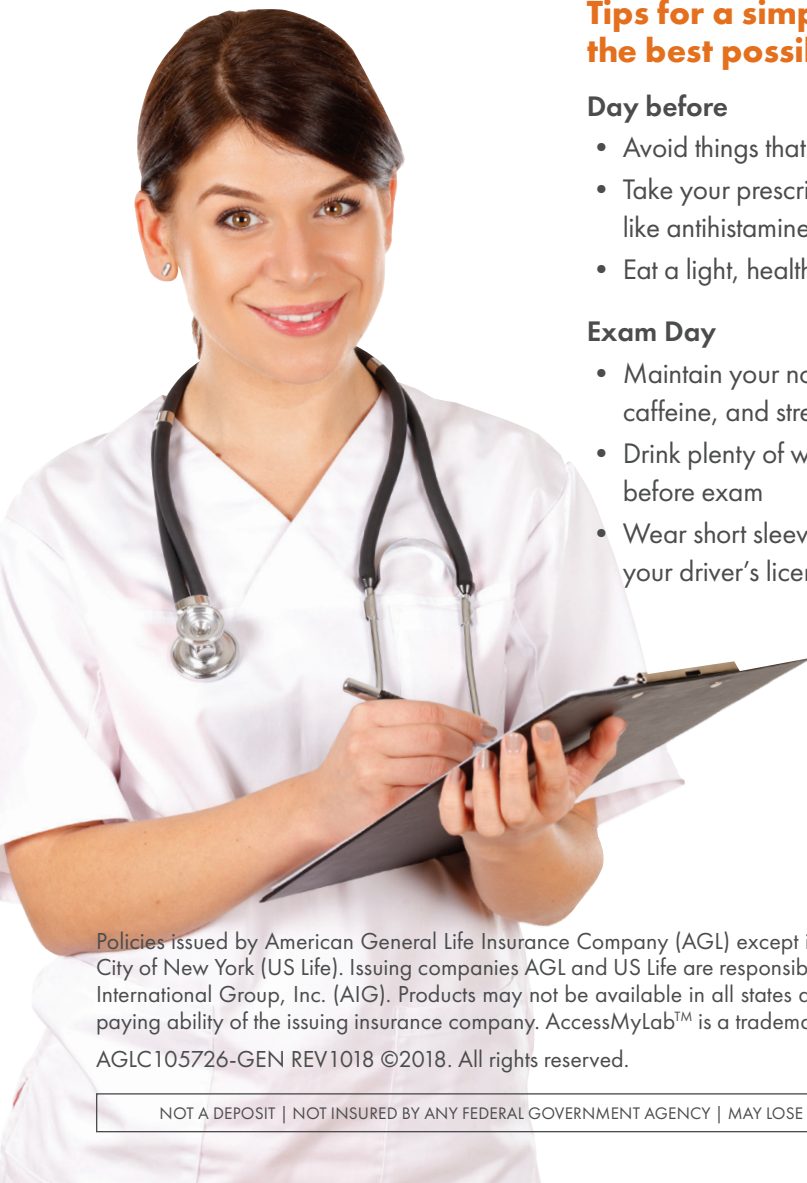


Preparing for your Life Insurance Exam



Thank you for choosing AIG for your life insurance needs!

To ensure your coverage begins as soon as possible, we need a snapshot of your current health.



What to expect

- Height, weight, heart rate and blood pressure taken
- Urine and small blood sample
- Possible EKG and gait tests



A brief review of your medical history

Prepare a list in advance for easy reference

- Names and dosages of current medications
- Health history of immediate family members including age (or age of death) and major medical diagnoses
- Names, phone numbers and addresses of physicians and medical facilities visited in the past five years, with dates and reasons for visits
- Medical conditions or diagnoses including date of diagnosis, treatment, and treating physician information

Tips for a simple and quick exam to help you get the best possible rate for your policy:

Day before

- Avoid things that could raise your blood pressure: alcohol and red meat
- Take your prescribed medication but avoid over-the-counter medications like antihistamines and nasal decongestants
- Eat a light, healthy dinner and get a good night's sleep

Exam Day

- Maintain your normal blood pressure and heart rate by avoiding nicotine, caffeine, and strenuous exercise
- Drink plenty of water and keep any meals light and eaten at least two hours before exam
- Wear short sleeves, or sleeves that can be easily rolled up and have your driver's license handy

That's it! The results will be processed and reviewed with your application. Depending on the exam company, the examiner may provide you with information about accessing your lab results online, so be sure to keep the slip you receive which will have a unique ID number.

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