

# Preparing for your life insurance exam

## Thank you for choosing Corebridge Financial for your life insurance needs!

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

If you did not sign your application electronically, the examiner may present you with an application package to review and sign.

If not, the application will be mailed to you for your signature.

### Your exam will include:

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

### Tips for a simple and quick exam:

#### 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.