



To save you time and to obtain the best possible results, please follow these helpful tips:

- Get a good nights sleep before the examination.
- Blood pressure and pulse can be artificially raised by stress, alcohol, caffeine and tobacco.
 - Abstain from alcoholic beverages for at least 8 hours prior to the screening.
 - Do not smoke for at least one hour prior to your screening.
 - Avoid drinking coffee, tea or any soft drinks with caffeine for at least one hour prior to your screening.
- Advise your examiner of any medication you are taking, even non-prescriptive medications.
- Have available your doctor's details and details of past visits, names of medicines and any information regarding injury and major illness.
- Drink a glass of water an hour or so before your appointment to enable you to pass urine without difficulty.

Please keep this flyer close to your telephone so you can fill out the appointment date and time when the nurse calls for an appointment.

Date:

Time:

Nurse's name:

Nurse's Tel:

If you have any queries regarding your screening or are unable to keep your appointment, please call the Nurse, or Medicals Direct on the number shown below.

If you have not heard from a nurse within 7 days of receiving notification from your insurer please contact us.

Medicals Direct Screenings Limited,
Buckingham House East,
The Broadway, Stanmore,
Middlesex, HA7 4EB

Tel: 0845 108 0449
Fax: 0871 900 6331

What is Nurse Medical Screening?



What is a Nurse Medical Screening and how long does it take?

A screening will usually consist of some questions about your lifestyle, your medical history and that of your close family.

Measurements of your height, weight, blood pressure, pulse, hip, waist and lung function will be recorded. A urine specimen will also be collected. Undressing is not required and the appointment usually lasts 20 to 30 minutes.

Alternatively, a mini/midi Screening may be required. This is a shortened screening, with similar physical measurements but with less questioning concerning your medical history.

Your insurance application can only proceed once this necessary information has been obtained.

How is the appointment made?

A nurse from Medicals Direct will call you to arrange a convenient date and time to visit you for your screening. You may choose to have the exam completed at your home or place of work. The nurse will be able to advise you of the insurer's requirements for the appointment.

What happens to this information?

All of the information obtained during the screening is strictly confidential and used for insurance purposes only. It will be forwarded to Irish Life for assessing your application and will only be viewed by those authorised to do so.

How is the information sent to Irish Life?

In most instances the screening form will be completed using Digital Pen technology and sent to Irish Life in a secure, encrypted format. This enables the information to be received within minutes.

Before the screening is sent, you will be asked to read through and sign the form to confirm it is complete and correct.

What qualifications are required of the nurses?

All nurses are members of the Irish Nurses Organisation and are fully trained and qualified to carry out screenings.

Why will a urine specimen be collected?

A urine specimen will usually be collected during the screening. The urine will be tested for blood, glucose or protein. The urine may have to be sent to a laboratory for further testing should it contain blood or protein.

Does Irish Life require any other tests?

Irish Life may require you to have other blood, saliva or urine tests in order to underwrite your application. The specific tests you may be asked to have will be determined by your medical history, age and the amount and type of cover you have requested.

Some of these tests will be undertaken by the nurse during the screening whilst others may require the sample to be sent to a laboratory.

Blood, saliva and urine testing have been found to provide important information for underwriting purposes.

Please note that you may be asked to fast for the blood test. In this case you must not eat or drink (except water) for 9 hours prior to your appointment.

How much blood is required?

Less than one ounce of blood is drawn from a vein, into one or more vials. You should advise the nurse if you have had any previous problems such as fainting, nausea, have difficulty clotting, bruise easily, or if you are currently taking large doses of aspirin.

All equipment used is sterile and only used once.

Do I need to have an HIV test?

Irish Life may require you to have an HIV test. The sample type will be chosen by Irish Life and can be carried out from either blood or saliva.

The nurse will supply you with pre testing information and will provide a consent form for signature. It is imperative that you nominate a doctor to be informed in the event of a positive result. If you do not provide consent the sample will not be taken and the appointment will be terminated.

Who will receive the results of the tests?

All test results will be sent directly to Irish Life.



If your health changes between the time you apply for cover and the date your application is accepted, you must let Irish Life know immediately, as failure to do this may result in a claim being refused. If for whatever reason there is more than a 6 month delay between the time your application is accepted and the date your plan starts (is issued), and your health has changed then you must also let Irish Life know immediately.