



When it's time for your teleinterview and exam it's only natural for you to have questions. At American General we want to make sure you are prepared and have answers to your questions before the process begins.

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Client Preparation Guide

Policies issued by American General Life Insurance Company (AGL) and The United States Life Insurance Company in the City of New York (US Life).

Preparing for your teleinterview and exam





What you can expect

Within 24 hours, you will be contacted to begin your paramedical process. At this time, one of their trained professionals will begin your 20–30 minute interview.

How to prepare for your telephone interview

Having the following information available will help you keep your interview as short as possible:

- Your driver's license number
- Names, addresses and phone numbers of doctors and clinics visited in the past 5 years
- Names and dosages of all prescription and nonprescription medications you take
- List of medical conditions or diagnoses including date of diagnosis, treatment, result of treatment and treating physician information
- Personal calendar or several times available for the paramedical exam

How to prepare for your exam

Your paramedical exam should take about 20 minutes. A trained medical technician will show you a photo ID confirming their employer and provide you with an application package. You will need to review and provide your signature to complete your paperwork.

In addition to the application, your exam will include:

- Height and weight – a calibrated scale and measuring stick/tape will be used to accurately collect measurements
- Three blood pressure and pulse readings at different times during the visit
- Urine and blood samples
- Depending on your age and medical history, an EKG may be required

Tips for a successful exam

- Drink plenty of fluids prior to the exam
- Fast for at least eight hours prior to exam unless otherwise medically prescribed
- Avoid smoking and drinking alcohol, and taking nasal decongestants
- Avoid strenuous exercise or activities for 24 hours prior to the exam
- Prepare doctor, clinic, diagnoses and prescription information
- Have a government issued ID available
- Allow an extra 15–20 minutes for an EKG (if required)