

**Goldwasser**  
Insurance Advisors, LLC

**Matthew L. Goldwasser, LUTCF, CLTC**  
*Managing Partner*  
matt@goldwasser.org

I want to suggest the following relative to your medical examination:

- Try to schedule an early morning exam.
- If you have a morning exam, do not eat breakfast or have any liquids, with the exception of water before the exam. If it is a mid-day or evening exam, do not eat for at least 4 hours before the exam and do not have any liquids, with the exception of water.
- The day before the exam avoid alcohol and excessive exercise and try to avoid rich foods such as, shellfish, ice cream, or other foods with a high fat content.
- Try to avoid a smoky environment the morning of the exam as tobacco smoke can increase your blood pressure reading.
- Do not exercise the morning of the exam as exercise releases chemicals into the bloodstream and can also cause blood to appear in a urine specimen.
- Try to avoid any emotional or work-related stress before the exam as stress raises blood pressure.
- One to two hours prior to the exam please drink one or two glasses of water.
- The examiner will need the name, address and phone number of your personal physician. In addition, as the examiner asks about your medical history, they will need the name and, if available, the address of any doctor whom you may have seen in the last few years, or a hospital in which you may have been a patient.
- The exam will take 25 to 45 minutes.

**One Gateway Center, Suite 909, Newton, Massachusetts 02458 USA - Phone (617) 332-6600 Fax (617) 332-0776**

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