



## SimpleSubmit®

### Your Electronic Life Insurance Application Process

THANK YOU FOR APPLYING FOR A LIFE INSURANCE POLICY WITH NORTH AMERICAN.

Please retain a copy of the application paperwork for your records by printing or saving an electronic copy.

Your agent has scheduled a Paramedical Exam for the proposed insured on your application. This exam will be used to help underwrite your life insurance coverage. There is no cost to you for this exam. A basic paramedical exam typically includes the following:

- Height and weight
- Blood pressure and pulse readings
- Urine and blood samples
- Basic medical questions

To achieve the most favorable results, here are a few reminders:

- Get a good night's sleep
- If possible, avoid strenuous exercise or activity for 24 hours prior to the exam
- **Fast from solid food and avoid alcoholic beverages for at least eight hours prior to the exam**
- Avoid caffeine and tobacco products for at least one hour prior to the exam
- Drink one to two glasses of water an hour before the exam

As a part of the paramedical exam, the examiner will complete the second part of the application. Please have the following information available at the time of the exam:

- Names, addresses, and phone numbers of all physicians and medical facilities you have visited within the past five years
- Names of prescription and over-the-counter medications and dosages you are presently taking
- Details of past and current injuries, illnesses, conditions, and treatments

After you have completed the paramedical exam, the information will be submitted to North American for review, along with your application. After your application has been processed, and the underwriting is complete, your agent will contact you.

*We're Here For Life®*

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