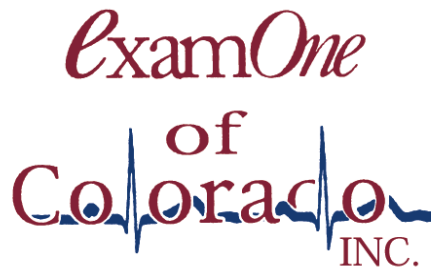


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Tips to Prepare You for the Exam

Information you should have:

- 1) Names and addresses of doctors they have consulted in the last 5 years. Along with the dates of and reason for the visits.
- 2) Any further medical history
- 3) Family history
- 4) Prescriptions they are taking

Tips to help with exam results:

- 1) Rest quietly for 15 minutes prior to the exam.
- 2) No beverages containing alcohol or caffeine 24 hours prior to the exam.
- 3) Avoid tobacco use for at least one hour prior to the exam.
- 4) No exercising on the day of, or day before the exam.
- 5) Drink plenty of water.
- 6) Recommended fast a minimum of 4 hours (this varies with insurance companies).