

Effort electrocardiogram (ECG) for life insurance purposes

Policy number

Member number*

Group number* (*Fill in for FundsAtWork)

Name of insured life	<input type="text"/>	Permanent identity number	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Permanent identity/passport number	<input type="text"/>	Telephone	<input type="text"/>	
Date of birth	<input type="text"/>	Financial adviser code	<input type="text"/>	
Financial adviser's name	<input type="text"/>	Telephone	<input type="text"/>	
Broker house code	<input type="text"/>			

1: General information

Carry out an ECG on the above insured life before and after effort, in the manner indicated below.

- Ensure that your apparatus is properly standardised. Include the standardisation signal with the ECG results.
- Take a preliminary resting 12-lead standard electrocardiogram. A lead should consist of five or six complexes. **The tracing should NOT be cut.**
- An effort test should **NOT** be carried out in any of the following circumstances:
 - If the insured life objects to an effort test.
 - If there has been a definite diagnosis of a serious cardiac condition, if the resting electrocardiogram is markedly abnormal.
- If there are no contra indications, as mentioned in paragraph 3, carry out an effort test. The aim of the test is to increase the pulse rate by at least 50% of the resting rate, e.g. if the resting rate is 80 beats per minute, the post-effort rate should be 120 beats per minute. The maximum heart rate is 220 beats per minute, minus the insured life's age in years. The effort can take the form of a treadmill, a Master staircase, bicycle ergometer, etc.**

NB - The onset of substernal or other chest pain or pain in the arms, neck or jaw, or undue fatigue, or breathlessness is an indication to stop the effort immediately.

Immediately after the effort has been completed, the insured life should lie down and a standard ECG should be repeated (a) immediately, (b) three minutes and (c) six minutes after the exercise has been completed.

- The insured life's signature is required on the tracing in order to ensure proper identification.

Answer the following questions

- What form of effort did the insured life undergo?
- Did the insured life complete the required amount of effort?
Yes No
- Did the insured life exhibit any symptoms as a result of the exercise?
Yes No
If "yes", provide full details
- Is the insured life taking any medicine or drugs for any reason whatsoever?
Yes No
If "yes", provide full details

2: Details of medical doctor

Medical doctor's name	<input type="text"/>	Initials	<input type="text"/>
Address	<input type="text"/>		
	<input type="text"/>	Postal code	<input type="text"/>
Year of first qualifying	<input type="text"/>	Telephone	<input type="text"/>
Qualifications	<input type="text"/>		
HPC registration number	<input type="text"/>	Practice number	<input type="text"/>
Signed at	<input type="text"/>		
Signature of medical doctor	<input type="text"/>	Date	<input type="text"/>