



# Medical data capture form

10 most commonly disclosed medical conditions

## Guidance

This form contains the supplementary questions that our online application system will ask for the 10 most common medical disclosures. Please indicate which condition(s) affect you and answer the questions that apply. Your Adviser will then transfer this information onto our online application system.

Asthma

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Backache

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Depression

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Diabetes

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Growths, cysts and lumps

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Heartburn

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Heart disease

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High cholesterol

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Raised blood pressure

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Musculo-skeletal injuries

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### Please confirm before completing this form

Please be aware, if you select 'No' we won't be able to process your details in relation to your application

**Yes**

**No**

# Asthma

(Mild asthma, allergic asthma, seasonal asthma)

**Q1.** Have you had breathing problems or chest pain in the last two years which have caused any of the following:

Difficulty walking for 200m	Yes	No
Breathlessness or wheezing even when resting	Yes	No
You have needed to use home oxygen treatment	Yes	No
None of these	Yes	No

**Q2.** Have you been admitted to hospital or visited A&E in the last two years with asthma or breathing problems?

Yes No

If the answer is yes, please tell us the:

- number of admissions/visits and dates
- treatment you had, symptoms and length of stay
- current treatment prescribed (tablets and inhalers)
- number of days of usual activity/work affected in the last two years.

**Q3.** Have you been prescribed steroid tablets (sometimes called Prednisolone) in the last 12 months?

If yes we'd like to know the total number of days you have been prescribed this treatment, they do not need to be consecutive days.

Yes, steroid tablets for 7 days or less	Yes	No
Yes, steroid tablets for 8 to 28 days	Yes	No
Yes, steroid tablets for more than 28 days	Yes	No
No steroid tablets	Yes	No

If the answer is 'yes, steroid tablets for more than 28 days', please tell us about your current prescribed treatment (tablets and inhalers):

- how many weeks on steroid tablets
- the number of days of usual activity/work affected in the last 12 months.

**Q4.** How many days have you taken off work because of this condition in the last 12 months?

**Q5.** How often do you have symptoms?

Please select the answer which best describes your symptoms over the last month. (Symptoms include wheezing, shortness of breath, a tight chest or coughing.)

- |  |     |    |
|--|-----|----|
| A. Four or more times a week                                     | Yes | No |
| B. Fewer than four times a week but have had symptoms every week | Yes | No |
| C. Occasional symptoms (can go a week without any symptoms)      | Yes | No |

**Q6.** Have you had to take your medication more often or has the dose increased or type of medication changed in the last year?

(Please don't answer this question if you answered yes to Q5 B. or Q5 C.)

Yes No

If you are aged 50 or above, please answer the following questions

**Q7.** Have you had any of these conditions?

- |  |     |    |
|--|-----|----|
| Chronic obstructive pulmonary disease (COPD) | Yes | No |
| Chronic obstructive airways disease (COAD)   | Yes | No |
| Chronic bronchitis                           | Yes | No |
| Emphysema                                    | Yes | No |
| Not sure                                     | Yes | No |
| None of these                                | Yes | No |

**Q8.** How many chest infections have you had in the last two years; including attacks of bronchitis and lower respiratory tract infections?

**Q9.** Do any of the following apply to your symptoms?

- |  |     |    |
|--|-----|----|
| First started in the last six months                       | Yes | No |
| Have become more frequent or severe in the last six months | Yes | No |
| None of these  | Yes | No |

# Backache

(Back pain, sciatica, whiplash, slipped disc, back injury, bad back)

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## Q1. Are you awaiting any of the following?

Hospital referral (other than for physiotherapy)	Yes	No
Investigations, tests or results	Yes	No
An operation	Yes	No
None of these	Yes	No

Please advise what operation you have planned and when it is due to take place

## Q2. Is your back problem related to any of the following?

Ankylosing spondylitis	Yes	No
Cauda equina syndrome	Yes	No
Spinal curvature or scoliosis	Yes	No
None of these	Yes	No

## Q3. Which of the following best describes the severity of your condition?

No current symptoms	Yes	No
Minor symptoms (e.g. early morning stiffness, occasional mild pain) with no effect on your mobility or activities/pastimes	Yes	No
Regular pain, affects your participation in activities or pastimes	Yes	No
Severe pain, activities often restricted, mobility aids needed, e.g. walking stick	Yes	No
Symptoms are very severe, e.g. bedridden, experience problems dressing or washing, wheelchair use	Yes	No

If Care Cover is being applied for, please answer the following question:

**Q4.** Please provide more details about your condition including the frequency and severity of symptoms, how they affect your everyday life, treatment, dates and the results of any investigations.

**Q5.** When did you last have symptoms of this condition?

**Q6.** Where did you suffer pain?  
(Please tick all that apply)

Neck

Yes

No

Back

Yes

No

Both back and neck

Yes

No

**Q7.** How many days off work have you had with this condition in the last 2 years?

**Q8.** On how many separate occasions have you experienced symptoms?

# Depression

(Stress, anxiety, panic attacks, post-traumatic stress, work-related stress)

If you are aged 65 or above, please answer Q1 and Q2 before continuing. For all other ages, please move to on Q3.

## Q1. Have you had any of these in the last 5 years?

Please tell us about these even if you haven't seen a medical professional.

A. Memory loss	Yes	No
B. Confusion	Yes	No
C. Changes to your concentration levels	Yes	No
D. Changes to communication skills	Yes	No
E. None of these	Yes	No

## Q2. If you selected A, B, C or D, have you seen or spoken to a doctor, specialist or another medical professional about this? If so, please provide full details.

For all age groups disclosing depression, stress, anxiety, panic attacks, post-traumatic stress, work-related stress, please answer the following questions:

## Q3. In the past 5 years have you seen the community mental health team, crisis team or been admitted to hospital or a clinic, including A&E in relation to your mental health?

Yes	No
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## Q4. In the past 5 years, who have you seen for this condition? (These can face-to-face, over the phone or virtual/online).

A. Doctor or nurse at my surgery	Yes	No
B. Cognitive behavioural therapist (CBT)	Yes	No
C. Counsellor	Yes	No
D. Psychologist or psychotherapist	Yes	No
E. Psychiatrist	Yes	No
F. Drug support worker/specialist	Yes	No
G. Alcohol support worker/specialist	Yes	No
H. None of these	Yes	No



**Q5.** If you selected D, E, F or G, when did you last attend or speak to a drug, alcohol support worker/specialist, psychiatrist, psychiatric nurse, psychologist or psychotherapist?

**Q6.** When did you first see or speak to a medical professional about your mental health? If you haven't seen a medical professional, then please use the date at which you first became aware of a change in your mood or felt your mental health was starting to be impacted in a negative way.

**Q7.** Please tell us about your treatment:

I'm currently taking or have been advised to take anti-depressant treatment e.g. Citalopram, Fluoxetine, Paroxetine, Sertraline	Yes	No
I'm currently taking or have been advised to take anti-psychotic treatment e.g. Aripiprazole, Chlorpromazine, Olanzapine, Risperidone	Yes	No
I'm currently taking or have been advised to take a mood stabiliser e.g. Lamotrigine, Lithium, Valproate	Yes	No
None of these	Yes	No

**Q8.** In the past 12 months, have you been told to do any of these?  
(Please tick all that apply)

I was told to start treatment	Yes	No
I was told to change my treatment to help manage my symptoms	Yes	No
I was told to increase my treatment	Yes	No
I was told to reduce or stop my treatment	Yes	No
None of these	Yes	No

**Q9.** Are you currently off work or have you been off work for more than 5 days in the last 3 months? If you don't work, you can answer 'no' to this question.

	Yes	No
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**Q10.** In the past 2 years, how many weeks off work have you taken for this? If you don't work, let us know how many weeks you struggled to do your normal daily jobs.

**Q11.** When did you last have symptoms of low mood, consult a medical professional about mental health symptoms or feel that your mental health was being impacted in a negative way?

**Q12.** We understand this is a sensitive question but it's needed to help us understand your mental health history a bit better:

In the past 10 years, have you:

A. Harmed yourself	Yes	No
B. Thought about harming yourself	Yes	No
C. Tried to end your life, including overdose attempts	Yes	No
D. Thought about ending your life	Yes	No
E. None of these	Yes	No

**Q13.** If you selected A, B, C or D, when did you last try to harm yourself, think about harming yourself, or attempted to take your own life?

**Q14.** How many times have you thought about or attempted to take your own life?

**Q15.** Please provide full details of your mental health condition, how this is managed and how it affects you. We'd like to use your insight to help us understand your mental health.

# Diabetes mellitus

(Type 1 or 2 diabetes, insulin or non insulin dependent diabetes)

If the answer to Q1 is yes, you will also need to complete page 17:

**Q1.** Do you also have raised blood pressure? Yes No

If the answer to Q2 is yes, you will also need to complete page 19:

**Q2.** Do you also have raised cholesterol? Yes No

**Q3.** Apart from your regular check-ups, are you waiting for a hospital referral, tests or investigations, or the results of these? Yes No

**Q4.** At what age were you diagnosed with diabetes?

(If you are not diagnosed with diabetes, the age you were found to have raised blood sugar.)

**Q5.** Have you been diagnosed with diabetes within the last six months? Yes No

**Q6.** If you answered yes to Q5, please answer:

What was your HbA1c reading on diagnosis?

1. 8.0% (64 mmol/mol) or under Yes No

2. 8.1% (65 mmol/mol) or over Yes No

3. Don't know Yes No

**Q7.** Was your last diabetes review within the last year? Yes No

If your smoker status is smoker, please answer Q8 below

**Q8.** On average, how many cigarettes do you smoke per day?

**Q9.** Please tick all that apply to you:

I've had angina, a heart attack or heart disease	Yes	No
I've had a stroke or mini stroke	Yes	No
I've had kidney disease or reduced kidney function	Yes	No
I've had foot or leg problems which needed treatment or surgery due to diabetes	Yes	No
None of these	Yes	No

**Q10.** Have you ever had any of the following symptoms or conditions?

(Please tick all that apply)

I've had protein or blood in the urine	Yes	No
I've had altered sensation or abnormal pulses in my feet	Yes	No
I've had eye problems due to diabetes	Yes	No
I've been to hospital for very low or very high amounts of sugar in my blood in the last 12 months	Yes	No
None of these	Yes	No

**Q11.** At your last diabetic review, what were you told about the control of your diabetes and treatment?

Example:

- Excellent control HbA1c of 7.0% (53mmol/mol) or less
- Satisfactory control HbA1c of 7.1% (54mmol/mol) to 8.0% (64mmol/mol)
- Less than satisfactory control HbA1c of 8.1% (65mmol/mol) or above

Excellent control, no change to treatment needed	Yes	No
Satisfactory control, no change to treatment needed	Yes	No
Satisfactory control, treatment increased or changed	Yes	No
Advised diabetic control was less than satisfactory or needed improvement	Yes	No
I don't know	Yes	No

If you answered 'don't know' in Q11, then please answer Q12

**Q12.** How often have you consulted with a medical professional for your diabetes in the last year?

Once	Yes	No
Twice	Yes	No
Three times or more	Yes	No

If you had answered Yes to Advised diabetic control was less than satisfactory or needed improvement in Q11, please answer Q13.

**Q13.** Has your HbA1c reading been over 10% (or 86 mmol) in the last 2 years?

Yes	Yes	No
No	Yes	No
Don't know	Yes	No

## Growths, cysts, lumps etc

(Cyst, lump, mole, polyp, fatty lump, growth)

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### Q1. Has the cyst, lump or growth or polyp been removed?

It has been completely and totally removed	Yes	No
It disappeared, or was drained without surgery	Yes	No
It's still present or has only partially been removed	Yes	No

### Q2. Are you awaiting an appointment, investigations, any procedure/operation, or a follow-up with a medical professional for this condition?

Yes No

If you answered Yes to Q2, you don't need to answer any more questions in this section. Please go to page 15 to complete the rest of the questions.

### Q3. Has the growth ever been described as malignant or cancerous?

Yes No

For the purposes of this question, a history of rodent ulcer or basal cell carcinoma can be disregarded

### Q4. Where was/is the growth, cyst, lump or polyp?

On skin	Yes	No
Kidney	Yes	No
Liver	Yes	No
Pancreas	Yes	No
Brain or spine	Yes	No
Lung	Yes	No
Breast	Yes	No
Ovary	Yes	No
Cervix, uterus or endometrium	Yes	No
Testicle	Yes	No
Bowel or rectum	Yes	No
Thyroid	Yes	No
Other	Yes	No

If answer to Q4 was Thyroid, please answer the following question:

**Q5.** Was your thyroid growth diagnosed as any of the following?

Toxic goitre	Yes	No
Simple goitre	Yes	No
Thyroid nodule or cyst	Yes	No
Don't know or none of these	Yes	No

If growth was located on the testicle, please answer Q6

**Q6.** Was your testicular lump diagnosed as any of the following?

Hydrocele	Yes	No
Varicocele	Yes	No
Epididymal cyst	Yes	No
Don't know or none of these	Yes	No

**Q7.** Who have you sought medical advice from for this condition?

GP only	Yes	No
Specialist (with or without GP)	Yes	No
I have not sought medical advice	Yes	No

If your answer to Q7 is not sought medical advice, please answer Q8, Q9 and Q10 – otherwise move to Q11.

<b>Q8.</b> Are you intending to seek the advice of a medical practitioner for this condition?	Yes	No
<b>Q9.</b> When was the growth first discovered (please give approximate date)?	<input type="text"/>	
<b>Q10.</b> Has the growth or lump changed in appearance or have you had any further symptoms?	Yes	No
<b>Q11.</b> Have you been fully discharged with no further follow-ups required?	Yes	No
<b>Q12.</b> Since you sought medical attention for this condition, has the growth or lump changed in appearance or have you had any further symptoms?	Yes	No
<b>Q13.</b> Has the growth, cyst, lump or polyp been diagnosed as any of the following?		
Ganglion	Yes	No
Fatty lump (or lipoma)	Yes	No
Nose or nasal polyp	Yes	No
Sebaceous cyst	Yes	No
Skin tag, wart or verruca	Yes	No
Rodent ulcer or Basal Cell Carcinoma (BCC)	Yes	No
Mole, birthmark or freckle	Yes	No
Keratosis	Yes	No
Not sure	Yes	No
None of these	Yes	No

If the location of the growth, lump or mole was on the skin, please answer Q14, Q15 and Q16.

<b>Q14.</b> Have you had five or more moles or skin abnormalities examined or treated, or have you undergone or been advised to undergo mole mapping?	Yes	No
<b>Q15.</b> When were you most recently seen or reviewed about a skin abnormality?	<input type="text"/>	
<b>Q16.</b> Do you have a family history of skin cancer or multiple mole syndrome? Examples of multiple syndromes are Dysplastic Naevus Syndrome (DNS), Familial Atypical Multiple Mole Melanoma (FAMMM).	Yes	No



If the answer to Q7 was 'I have not sought medical advice' please answer Q17

**Q17.** Please describe the growth, cyst or lump in your own words including where it was situated, any symptoms you had, and why you haven't sought any medical advice.

If the answer to Q4 is Other, or Q13 is Not Sure or None of These please answer the following questions:

**Q18.** Where was the growth situated?

**Q19.** What was the name of the growth?

**Q20.** When was the growth first discovered?

**Q21.** What treatment did you receive for the growth?

**Q22.** Please describe this condition in your own words including details of any treatment, follow ups or investigations.

# Heartburn

(Dyspepsia, acid reflux, indigestion, stomach acid, gastric reflux)

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**Q1.** Are you due to see a hospital specialist, to have any investigations, or are you waiting for the results of any investigations?

Yes

No

**Q2.** Are your symptoms caused by or associated with any of the following?

Ulcer

Yes

No

Barrett's oesophagus

Yes

No

Oesophageal stricture or obstruction

Yes

No

Hiatus hernia

Yes

No

More than one of these conditions

Yes

No

Medication I'm taking for another condition

Yes

No

No related conditions

Yes

No

If you answered yes to ulcer, Barret's oesophagus, oesophageal stricture or obstruction, hiatus hernia or more than one of these conditions you do not need to complete anymore questions in this section

**Q3.** Have you sought medical advice for your symptoms?

Yes

Yes

No

No

Yes

No

Not yet, but I intend to seek advice

Yes

No

**Q4.** When did you first have symptoms?

**Q5.** Do any of the following apply to your symptoms in the last 12 months?  
Please select all that apply.

They've got worse, changed or increased in frequency	Yes	No
I have symptoms on most days	Yes	No
I've lost weight without dieting or increasing my exercise	Yes	No
I've had difficulty swallowing food or had choking episodes	Yes	No
I've vomited blood	Yes	No
None of these	Yes	No

**Q6.** How many days have you taken off work because of this condition in the last 12 months?

If the answer for this question is more than 0, please answer the following question:

**Q7.** Please provide full details about your condition, how this is managed and how it affects you. We'd like to use your insight to help us understand your condition.

**Q8.** Have you seen a hospital specialist or had investigations in the last 12 months? Yes No

If the answer to Q8 is Have seen a hospital specialist or had investigations in the last 12 months, please answer the following:

**Q9.** What was the outcome of your investigations or specialist appointment?

I remain under review with a specialist	Yes	No
Investigations were normal and I have been discharged from follow up	Yes	No

If answer to Q2 is Another condition, please answer the following questions:

**Q10.** Please describe your symptoms including the severity, frequency, how long they lasted, and whether they continue.

**Q11.** Please tell us the name of the condition

**Q12.** When did you last have symptoms of this condition?

**Q13.** Please provide full details about your condition, how this is managed and how it affects you. We'd like to use your insight to help us understand your condition.

# Heart disease

(Ischaemic heart disease, angina, heart attack, coronary heart disease)

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**Q1.** When were you first diagnosed with this condition?

**Q2.** Have you ever been diagnosed with any of the following?

Atrial flutter or atrial fibrillation	Yes	No
Diabetes or raised blood sugar levels	Yes	No
A stroke, cerebral haemorrhage or TIA (transient ischaemic attack)	Yes	No
Peripheral vascular disease or intermittent claudication	Yes	No
None of the above	Yes	No

**Q3.** Have you had a heart attack?

One heart attack	Yes	No
More than one heart attack	Yes	No
No, never had a heart attack	Yes	No
Don't know	Yes	No

**Q4.** Have you had an operation for this condition?

Yes No

If the answer to Q4 is yes, please answer Q5 and Q6. If no, skip to Q7.

**Q5. How many operations have you had?**

One	Yes	No
More than one	Yes	No

**Q6. What was the date of your operation?**

**Q7. Please advise how many vessels have been treated/affected.**

More than two vessels	Yes	No
One or two vessels	Yes	No
Don't know	Yes	No

**Q8. In the last 12 months have you had?**

Chest pain, tiredness or palpitations when resting	Yes	No
Chest pain, tiredness or palpitations with normal activity. Normal activity is defined as walking/climbing the stairs at a steady pace	Yes	No
Chest pain, tiredness or palpitations with physical activity such as walking uphill or when walking/climbing the stairs at a rapid pace	Yes	No
Occasional chest pain with no limitations on normal activity such as walking uphill or when walking/climbing the stairs at a rapid pace	Yes	No
No symptoms within the last 12 months	Yes	No

**Q9. When did you last see your GP or a specialist for this condition (including routine reviews)?**

**Q10. Are you awaiting specialist investigations or an operation for this condition?**

Yes	No
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## High cholesterol

(Raised cholesterol, raised lipids)

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**Q1.** Apart from your regular check-ups for cholesterol, are you waiting for any of the following?

Hospital referral	Yes	No
Tests or investigations, or results of these	Yes	No
Neither of these	Yes	No

**Q2.** Do any of the following apply to you?  
Please tick all that apply.

I've been referred or advised to attend a specialist for my cholesterol in the last 5 years	Yes	No
I've been diagnosed with familial high cholesterol or pure hypercholesterolaemia	Yes	No
None of these	Yes	No

**Q3.** At your last check up, what did the medical professional tell you about your cholesterol? If you know your last cholesterol result and it was over 7, please answer as 'It was high'

It was normal	Yes	No
It was high	Yes	No
Don't know	Yes	No

**Q4.** Are you taking medication for your cholesterol? Yes No

**Q5.** Have you had your cholesterol tested in the last 12 months? Yes No

If your smoker status is smoker

**Q6.** On average, how many cigarettes do you smoke per day?

If you answered 'No' to Q4 and Q5, please answer Q7

**Q7.** Please tell us when your last cholesterol test was, the result (if known), how often you're checked, and what was discussed and advised at your last check. Please also include whether you've been advised to take medication in the past and if so, the reason why you stopped.



# Hypertension

(High blood pressure, raised blood pressure, blood pressure, B.P)

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**Q1.** Apart from your regular check-ups for blood pressure, are you waiting for any of the following?

Hospital referral	Yes	No
Tests or investigations, or results of these	Yes	No
Neither of these	Yes	No

If the answer to Q1 is hospital referral or tests or investigations, then there is no need to answer the remaining questions in this hypertension section.

If your smoker status is smoker please answer Q2 below:

**Q2.** On average, how many cigarettes do you smoke per day?

**Q3.** Are you taking prescription medication to treat your blood pressure?

Yes No

If you're currently on treatment, please answer Q4 and Q5, otherwise skip to Q6.

**Q4.** Have you been told to do any of the following with your blood pressure medication in the last 12 months?

Take it more regularly	Yes	No
Increase medication or change to a different type	Yes	No
No change or reduce medication	Yes	No

**Q5.** Your surgery will have asked you to have your blood pressure checked at regular intervals. Has yours been checked within the last year? Yes  No

Please only answer the remaining questions for Hypertension if you selected 'no' on Q3

**Q6.** Please tell us why prescription medication wasn't needed from the following options:

No medication was needed or advised	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Medication was advised but I prefer not to take it	Yes <input type="checkbox"/>	No <input type="checkbox"/>
My blood pressure is being reviewed to decide if I need medication	Yes <input type="checkbox"/>	No <input type="checkbox"/>

**Q7.** When was your blood pressure last checked by a medical professional?

Within the last 12 months

13 to 18 months ago

More than 18 months ago

**Q8.** When your blood pressure was last checked when were you told to have it checked again? Please select the closest match.

Come back in 1, 2, 3 or 4 months from the date of that appointment

A longer period or no follow up checks needed

**Q9.** When your blood pressure was last checked, was it confirmed to be normal? Yes  No

**Q10.** Please tell us about your raised blood pressure, including the cause, the results of any investigations, when it was diagnosed and any blood pressure readings that you may have including the dates these were taken.

# Musculo-skeletal injuries

(Shoulder injury or pain, broken ankle, arm wrist or leg, dislocated or frozen shoulder, fractured wrist, arm or leg)

**Q1.** Please choose the site of the musculo-skeletal injury from the following:

Shoulders	Yes	No
Arms, wrists or hands	Yes	No
Knees	Yes	No
Legs, ankles or feet	Yes	No
Ribs	Yes	No
Jaw	Yes	No
Back or neck	Yes	No
Hips/pelvis	Yes	No

**Q2.** Was the injury due to, or complicated by, a medical condition such as osteoporosis? Yes No

If the answer to Q2 is Yes please tell us the name of the underlying condition:

**Q3.** Is an operation planned? Yes No

**Q4.** How much time have you had off work with this?

**Q5.** Have you fully recovered from this condition? Yes No

If you haven't fully recovered from this condition, please answer the following questions:

**Q6.** Please describe your symptoms including exactly which part(s) of your body is affected by the problem

**Q7.** What treatment do you take or undergo?  
(Please include prescription medication and physical treatment for example chiropractic or physiotherapy)

If your injury was due to a fracture, please answer the following questions:

**Q8.** Was your fracture in the last 12 months? Yes  No

**Q9.** Have you returned to work (or normal daily activities if not working) with no restrictions of your duties or physical activities? Yes  No

**Q10.** Please tell us the exact location of the fracture



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