Not Available in New York or Maryland. If you are a resident of one of these states, do not proceed, please contact Wellnicity.

PREPARATION GUIDE (Read prior to starting steps)

NOTE: This test should not be performed on individuals who have taken oral, injectable or inhaled corticosteroids and/or immune-suppressing drugs consistently over the past 3 months as they may lead to reduced production of IgG antibodies causing lower reactivity to testing. If this applies to you, please stop collection and contact Wellnicity.

- **Fasting is not required prior to collection.**
- If you become faint at the sight of blood, please remain seated while performing this test and have another individual perform the fingerstick collection for you.
- This test requires **THREE** drops of blood. Puncture site should occur on the center pad of the finger. Avoid calloused fingertips. (Fig. 1)
- Run your hand under warm water for 20 seconds. Swing arm in large circular motions, then gently massage the forearm, this will help increase bloodflow.
- Drinking more water than normal the day before & day of collection will encourage blood flow.

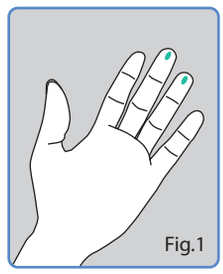
Fig.1

STEP1: VERIFY TEST KIT CONTENTS

Lay out kit contents & Fill out the 'Requisition & Consent Form' and blood card.

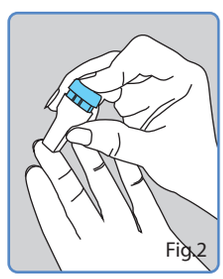
Fig.2

STEP 2: REGISTER YOUR TEST KIT

- Go to Wellnicity.com and click on **REGISTER TEST KIT** (top right hand corner of the screen)
- Register your test kit by logging into your account and **COMPLETE YOUR HEALTH PROFILE**.

STEP 3: SAMPLE COLLECTION

1. Wash your hands under warm water and dry with a clean towel. Clean outer edges of middle and/or ring finger of your non-dominant hand with alcohol wipe and allow to dry for 20-30 seconds.
2. Open top flap of blood card to expose printed circles.
3. Twist cap off the provided blue-white lancet and press the white section firmly against the center of cleaned finger-tip until you hear lancet click. Quickly wipe away the small first blood drop with sterile gauze pad. (Fig. 2)
4. Position your finger over printed circle on blood card and gently massage the entire length of finger to form a large, hanging blood drop. Do not squeeze too hard. (Fig. 3)
5. Touch the hanging blood drop to the center of the circle. DO NOT touch the card with your finger. Several drops could be necessary until the blood has soaked to the border of the circle. (Fig. 4)
6. Continue collecting blood drops until **THREE** circles are filled. If you are unable to get sufficient blood, repeat steps 3-5 using a different finger and another lancet provided in the kit.
7. After blood collection is complete, gently press the gauze pad to stop bleeding and apply bandage.
8. Leave blood collection card open to dry for a minimum of 2 hours. Once dry, close the top flap and place the card into the plastic bag with desiccant pack and seal. Store at room temperature until you are ready to mail.

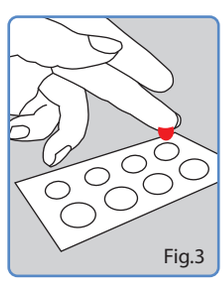
Fig.3

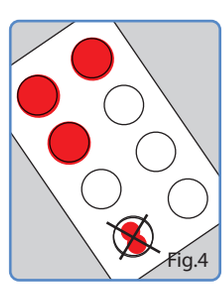
Fig.4

SAMPLES MUST BE SHIPPED WITHIN 24 HOURS OF COLLECTION. See reverse side for shipping instructions.

STEP 4: SHIPPING INSTRUCTIONS

RETURNING YOUR SAMPLE

Ship samples within 24 hours of collection.

DO NOT SEND WET SAMPLES

- Make sure your 'Requisition & Consent Form' is completed and you have registered your test kit online.
- Place the 'Requisition & Consent Form' inside the slot on the outside of the plastic bag for sample specimen.
- Place the plastic bag with blood collection card and desiccant packet in the test kit box and seal.
- Place the test kit box containing sample inside the pre-labeled FedEx return bag (included at the bottom of your test kit package).
- Once sealed, record or take a picture of the shipping label located on your FedEx return bag to track your sample journey.
- Deliver sealed sample return bag to a FedEx shipping location. Transit to the laboratory takes approximately 2 business days.

NEXT STEPS

- Upon receipt, the lab will begin processing your sample. A completed 'Requisition & Consent Form' is required and must accompany your sample.
- Your results will be reviewed by a Wellnicity clinician and securely transmitted to your online account.
- You will receive an email when your test results are ready, approximately 5-7 business days following the receipt of your sample.