

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

Preparation Guidelines

- Beginning the entire day before collection and throughout the day of collection, patients should avoid all steroid hormones (regardless of form), and all topical skin care products, when medically safe and appropriate per your physician's approval.
- For accurate results, please fast for 10-12 hours prior to collection.
- DO NOT drink alcoholic beverages on the day you collect your saliva sample.
- DO NOT smoke/vape, use tobacco, drink anything, or brush your teeth 2 hours before you collect.
- DO NOT eat a meal within 60 minutes before collecting saliva sample.

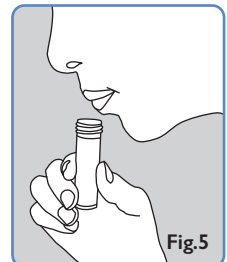
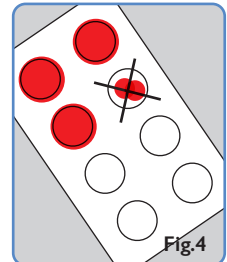
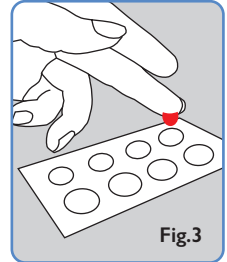
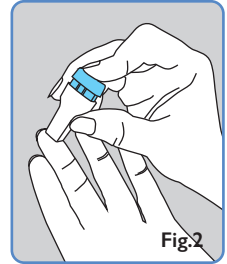
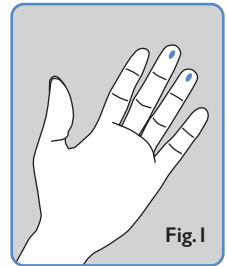
Important tips to encourage blood flow:

- To encourage blood flow to fingertips, run hands under warm water or swing arm and gently massage your forearm with the other hand prior to testing.
- Drinking more water than normal the day before and day of collection will encourage blood flow.

For Men Not on Hormones

- Collect saliva any day of the month
- ### For Men Using Hormones
- Transdermal Patches: Collect saliva 1-2 days AFTER applying the patch
 - Cortisol Supplementation (with approval from prescribing physician): STOP USING CORTISOL CONTAINING PRODUCTS 5 DAYS PRIOR TO SALIVA COLLECTION

- STORE SAMPLES AS INSTRUCTED UNTIL SHIPPING**
- SHIP SAMPLES THE MON-WED FOLLOWING COLLECTION**



STEP 1: VERIFY TEST KIT CONTENTS

Lay out kit contents & Fill out the 'Requisition & Consent Form', blood collection card, and saliva tubes.



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

Blood Collection - Within 30 minutes of waking for the day:

- Wash your hands under warm water and dry with a clean towel. Clean center pad of middle and/or ring finger of your non-dominant hand with alcohol wipe and allow to dry for 20-30 seconds. (Fig. 1)
- Twist cap off the provided lancet and press the white section firmly against the center pad of the cleaned fingertip until you hear lancet click. Quickly wipe away the small first blood drop with sterile gauze pad. (Fig. 2)
- 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)
- Touch the hanging blood drop to the center of the circle without touching finger to the collection area inside the circle. Several drops could be necessary until the blood has soaked to the border of the circle. (Fig. 4)
- Continue collecting blood drops until THREE circles are filled. If you are unable to get sufficient blood, repeat steps 2-5 using a different clean finger and a new lancet provided in the kit.
- After blood collection is complete, gently press the gauze pad to stop bleeding and apply bandage.
- Leave blood card open to dry for a minimum of 2 hours. After drying, 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.

Saliva Collection- COLLECT ALL 4 SAMPLES ON THE SAME DAY

- Rinse your mouth with cold water for 2 minutes just prior to collecting saliva sample.
- Unscrew the cap on the collection tube.
- Close your eyes and imagine eating your favorite food. Tilt your head forward and with your tongue, push the saliva down into the collection tube. Continue until the tube is filled at least three-fourths full with saliva (not foam). (Fig. 5)
- After providing this sample, replace the cap on the collection tube. Make sure the cap is screwed on completely. Write your name, the sample collection date, and time on the space provided on the sample collection tube. Place the saliva sample inside the plastic bag and store in freezer.
- Repeat steps 2-4 three more times according to the Sample Collection Times chart. After placing all 4 saliva samples into the plastic bag, store in the freezer until ready to mail.

SAMPLE COLLECTION TIMES

Sample 1	Upon waking (within first 30 minutes)
Sample 2	At Noon (mid-day)
Sample 3	Afternoon (4 pm)
Sample 4	At bedtime (right before getting into bed)

ALL SAMPLES MUST BE SHIPPED THE MON-WED FOLLOWING COLLECTION DATE. See reverse side for shipping instructions.

STEP 4: SHIPPING INSTRUCTIONS

RETURNING YOUR SAMPLE

- 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 blood collection card and saliva tube inside the plastic bag with desiccant packet; place in test kit box to return 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.



Ship samples the **MON-WED** following collection date.

DO NOT SEND WET SAMPLES

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.