

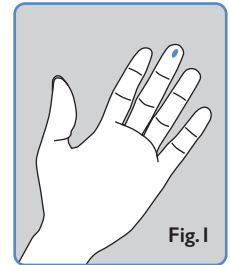
Not Available in New York, New Jersey, Maryland or Rhode Island. If you are a resident of one of these states, do not proceed please contact Wellnicity.

## PREPARATION GUIDE (Read prior to starting steps)

- ▶ 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 prescribing 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, use tobacco, drink anything, or brush your teeth 30 minutes before you collect.
- ▶ DO NOT eat a meal within 60 minutes before collecting saliva sample.

### Important tips to encourage blood flow:

- ▶ Run your hand under warm water prior to testing to help encourage blood flow to fingertips or swing arm and gently massage your forearm with the other hand to encourage blood flow before lancing finger.
- ▶ Drinking more water than normal the day before and day of collection will encourage blood flow.



## STEP 1: VERIFY TEST KIT CONTENTS

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



Requisition & Consent Form



1 Blood Card (Collection Device)



3 Single Use Lancets



1 Adhesive Bandage



1 Alcohol Swab



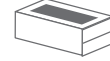
1 Gauze Sponge



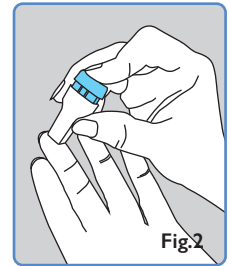
Saliva Collection Tube



Plastic Bag for Sample Specimen



Test Kit Box



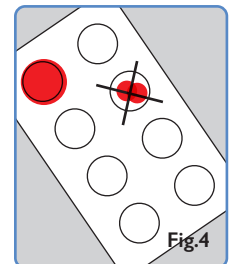
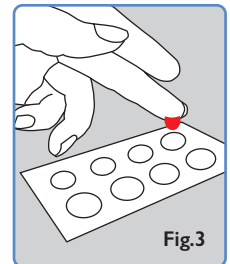
## STEP 2: REGISTER YOUR TEST KIT

- ▶ 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

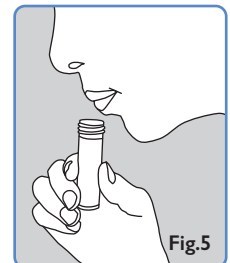
### Blood Collection- Within 30 minutes of waking for the day.

1. 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)
2. Twist cap off the provided lancet and press the white section firmly against the center pad of the cleaned finger-tip until you hear lancet click. Quickly wipe away the small first blood drop with sterile gauze pad. (Fig. 2)
3. 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)
4. Touch the hanging blood drop to the center of the circle without touching finger to the collection area inside circle. (Fig. 4)
5. Continue collecting blood drops until ONE circle is filled. If you are unable to get sufficient blood, repeat steps 2-5 using a different finger and a new lancet provided in the kit.
6. After blood collection is complete, gently press the gauze pad to stop bleeding and apply bandage.
7. 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.



### Saliva Collection - Within 30 minutes of waking for the day:

1. Rinse your mouth with cold water for 2 minutes just prior to collecting saliva sample.
2. Unscrew the cap on the collection tube.
3. 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)
4. 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.
5. Place the saliva sample inside the plastic bag. Freeze until ready to ship.



**SAMPLES MUST BE SHIPPED WITHIN 24 HOURS OF COLLECTION. 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 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.



**Ship samples within 24 hours of collection.**

**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.