

Not Available in New York. If you are a resident of New York, do not proceed, please contact Wellnicity.

PREPARATION GUIDE (Read prior to starting steps)

- ▶ For saliva collection: Avoid caffeine, stimulant medications, hormones, and corticosteroids for 24 hours before and on the day of collection (with your physician's approval.)
- ▶ Please note: use of hormones (regardless of form) may affect your results. Please feel free to contact a clinician if you have any questions.
- ▶ 60 minutes before each collection: Avoid smoking, brushing or flossing your teeth, using mouthwash and eating or drinking anything except water.

STEP 1: VERIFY TEST KIT CONTENTS

Lay out kit contents & Fill out the 'Requisition & Consent Form. Write your name and date of collection on all tubes.



STEP 2: REGISTER YOUR TEST KIT

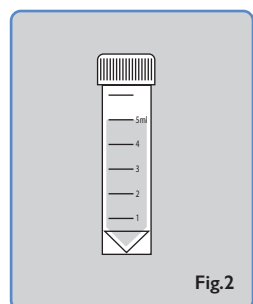
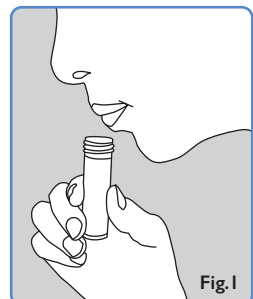
- ▶ Go to Wellnicity.com and click on **REGISTER TEST KIT** (top right hand corner of the screen)
- ▶ Register your test kit by logging into your account and **COMPLETE YOUR HEALTH PROFILE**.

STEP 3: SAMPLE COLLECTION

- ▶ Collect all four saliva samples on the same day, starting with the morning tube and ending with the midnight tube. Follow the collection times in the chart.

Saliva Collection Times	
Sample 1	Waking/Morning/Fasting (no food or drink for 6-8 hours - collect within 30 min of waking)
Sample 2	Noon: 11am - 1pm
Sample 3	Afternoon: 4pm - 5pm
Sample 4	Midnight/Bedtime: 10pm-midnight

- ▶ 3-5 minutes before each collection: Rinse mouth thoroughly with cold water for approximately 30 seconds. Wash hands prior to handling the tube.
- ▶ Spit directly into the tube until tube is filled to 5 mL or at least three-quarters full (excluding bubbles). To reduce the amount of bubbles, cap tube and place in the freezer for 2-3 minutes. Remove tube from freezer and lightly tap tube on the countertop or tabletop. This should help to settle the bubbles and enable further collection. (Fig 1 & 2)
- ▶ Recap tube tightly. Place in plastic bag and refrigerate. Store samples together in refrigerator until ready to ship.



ALL 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 all four saliva collection tubes 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.

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.