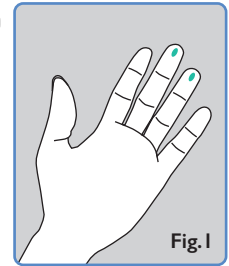


PREPARATION GUIDE (Read prior to starting steps)

- ▶ For accurate results, please fast for 10-12 hours 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.
- ▶ 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.
- ▶ Collect blood sample within 30 minutes of waking for the day.
- ▶ Drinking more water than normal the day before and day of collection will encourage blood flow.



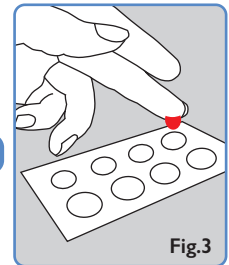
STEP 1: VERIFY TEST KIT CONTENTS

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



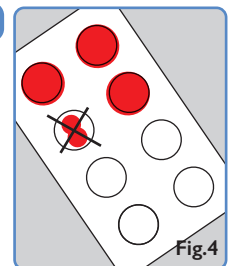
STEP 2: REGISTER YOUR TEST KIT

- ▶ 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 center of middle and/or ring finger of your non-dominant hand with alcohol wipe and allow to dry for 20-30 seconds.
2. 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)
3. Position your finger over printed circle of blood collection 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. **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)
5. Continue collecting blood drops until **THREE** circles are filled. If you are unable to get sufficient blood, repeat from step 2-4 using a different finger and a new lancet provided.
6. After blood collection is complete, gently press the gauze pad to stop bleeding and apply bandage.
7. 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.



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 blood collection card inside the plastic bag with desiccant packet, place in the test kit box with 'Requisition & Consent Form' 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.