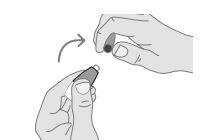
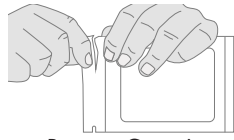


Not Available in New York. If you are are a resident of one of these states, do not proceed, please contact Wellnicity.

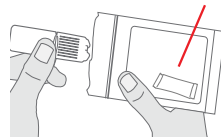
## PREPARATION GUIDE (Read prior to starting steps)



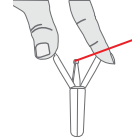
Twist off lancet caps



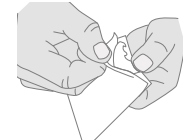
Remove Cartridge from specimen bag



Do NOT remove desiccant



Open Cartridge

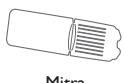


Unwrap gauze and adhesive bandages.

### STEP 1: VERIFY TEST KIT CONTENTS & FILL OUT FORMS



Requisition & Consent Form



Mitra Cartridge



3 Single Use Lancets



Gauze Sponge



1 Adhesive Bandage



Test Kit Box



- ▶ Puncture site should occur on the center pad of the finger. Avoid calloused fingertips.
- ▶ 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 the day before and day of collection will encourage blood flow.
- ▶ Do not take supplements containing vitamin D at least 3 days prior to sample collection.



undersampled

correctly sampled



oversampled

### STEP 2: REGISTER YOUR TEST KIT

- ▶ Go to [Wellnicity.com](https://www.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

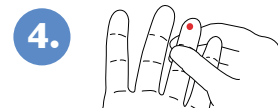
1. Prepare by washing hands with soap and warm water.



Warm hands for 30 sec.

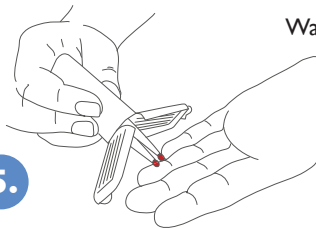


Rest hand below heart. Prick finger by pushing down on lancet until a click is heard.

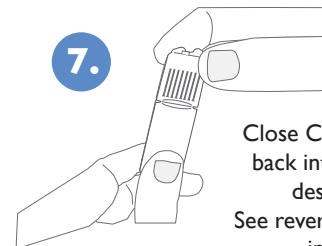


If needed, massage pricked finger upward until blood appears. Wipe away first blood drop.

5. Touch sampling tips to blood drop as shown. Watch each turn fully red, count 2 seconds, and remove. It is OK to apply tips to blood as many times as needed to fill.



6. Set Cartridge down, wipe away blood, and apply bandage.



Close Cartridge and insert back into foil pouch with desiccant packet. See reverse side for shipping instructions.

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

### 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, then place foil pouch with the sample inside the plastic bag.
- ▶ Place the plastic bag 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.