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Welcome To



### Convenient Self-Collection Kit

Please read all instructions before handling collection device.

## Blood Spot

Samples that do not meet criteria below may not be usable for testing. Each blood spot must:

- Soak through the collection card so that blood shows through on the back.
- Be spherical and fill as much of the circle as possible.
- Contain one drop per circle, no overlapping.

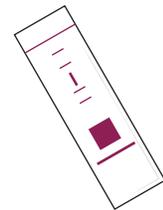
UNACCEPTABLE



ACCEPTABLE



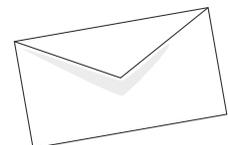
## Your Kit Contains



Collection Card



Paperwork



Return Mail Envelope x1

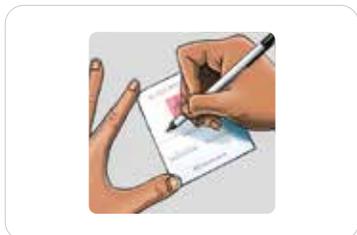
Turnover for the instructions

# 01

## COLLECT SAMPLES

### Step 1

Collect blood sample within 1 hour of waking. Wash hands with soap and water. Use a clean towel to dry hands. Make sure hands are warm and circulation is going. Write your name, the date and time of collection on the card prior to collecting.



### Step 2

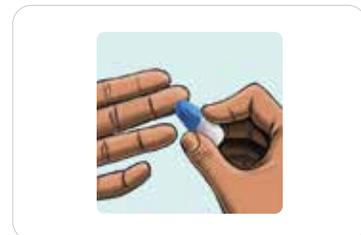
Open the cover on the collection card. Fold it back and away from the filter paper. Avoid touching the filter paper. Tape card to a flat surface like a table, below heart at about waist level. Open the alcohol prep pad and sterile gauze.

Select finger. Middle or ring finger of non-dominant hand is recommended.



### Step 3

Wipe finger with alcohol prep pad and allow to air dry. Twist cap off lancet and press small white section firmly against the side of finger pad until lancet clicks. Wipe away the first blood drop with gauze.



### Step 4

Position finger over circle of blood spot card and gently milk (don't squeeze) blood from the finger. Collect so that your hand is below your waist, allowing gravity to assist with blood flow.

### Step 5

As blood drop forms and is ready to fall, touch the drop onto the center of the circle (one drop per circle). Continue collection, preferably until all circles have been filled - but it is more important to have several good sized spots than to fill all the circles. When finished, apply bandage.

### Step 6

Leave blood spot card open to dry - minimum 4 hours. Once sample is dry, close cover. Store card in a cool, dry location away from direct sunlight until it is shipped.



# 02

## FINISH & SEND

### Step 7

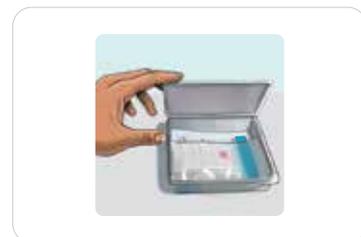
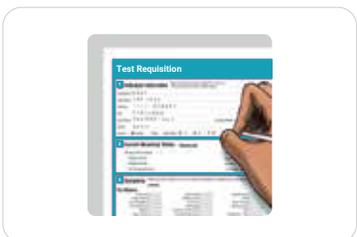
Place the entire test kit box inside the return packaging. Affix the prepaid label or postage if applicable. Return using the appropriate carrier. Samples will remain stable under average shipping conditions, including over weekends and holidays.

### Step 8

Place the entire test kit box inside the return packaging. Affix the prepaid label or postage if applicable. Return using the appropriate carrier. Samples will remain stable under average shipping conditions, including over weekends and holidays.

### Step 9

Place the entire test kit box inside the return packaging. Affix the prepaid label or postage if applicable. Return using the appropriate carrier. Samples will remain stable under average shipping conditions, including over weekends and holidays.



## Checklist

- Verify all information is correct on the Paperwork Form, sign and date where indicated. The Laboratory will **NOT** process your sample without the date of collection and your signature. Seal envelope and drop in any US Mailbox. We will notify you when you results are ready. You can log into your dashboard at <https://dashboard.labme.ai>. for assistance please contact [support@labme.ai](mailto:support@labme.ai)