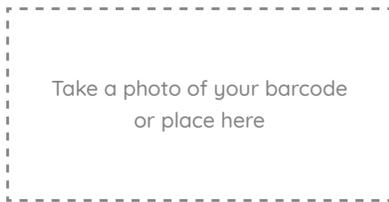


## Participant Card

Please retain this card and affix the bar code label from the Test Request & Consent Form below before mailing your specimen to the Lab.



For your result please go to <https://dashboard.labme.ai/>



444 N Michigan Ave. Suite 1200 Chicago IL 60611

## Welcome To



### Convenient Self-Collection Kit

Please read all instructions before handling collection device.



## Remember the following things...

- ✓ We recommend taking your test in the morning to ensure same day shipping
- ✓ Take your test Monday to Friday and make sure you ship it the same day
- ✓ Ensure you are well hydrated.
- ✓ Make sure your hand is really nice and hot, the heat will increase your blood flow and make the process easier. The best time to do it is after a hot shower or after soaking your hand in hot water for a few minutes.
- ✓ Collecting your sample should take under 10 minutes. If blood flow slows, use gauze, and firmly wipe puncture site. This wipes away natural clotting and blood flow should resume.
- ✓ Make sure not to squeeze your finger on or near the actual piercing.

### Your Kit Contains



Microtainer x1



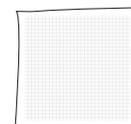
Lancets x2



Alcohol Swab x1



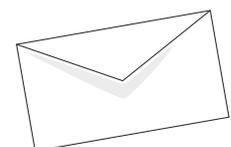
Adhesive Bandage x1



Gauze Pad x1



Participant Card x1



Return Mail Envelope x1

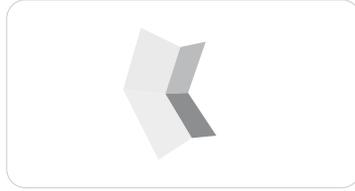
Turnover for the instructions

# 01

## PREPARE

### Tip

1. Read the tips on the other side before you start.
2. Fast at least 8 hours, if you have cortisol in your test perform at 8am.
3. Ensure you are well hydrated.



### Set Up

1. Lay out contents of the kit on a clean surface.
2. Remove the microtainer from the plastic bag and remove the cap by twisting off.
3. Complete requisition form and sign.
4. Write first and last name on the barcode (UPC) labels at bottom of requisition form.
5. Remove 1 label, with name, and place on the microtainer vertically.

### Select Finger

1. Soak your non-dominant hand in warm water for 1-2 minutes. Dry it well. It's important your hands are warm.
2. Wipe the little finger of your non-dominant hand with the alcohol swab and let it dry.
3. The best place to use the lancet is on the outer center of your fingertip.

# 02

## SAMPLE

### Use The Lancet

1. Twist off the lancet top. Don't worry, you won't see a needle.
2. Stand up and press the lancet firmly down on your finger.
3. Wipe away the first drop of blood with a clean tissue.



### Massage Hand

1. Massage down your hand firmly, starting from the palm all the way to the end of your finger making sure not to squeeze on the piercing.
2. If blood flow slows, use gauze, and firmly wipe puncture site. This wipes away natural clotting and blood flow should resume.



### Fill Collection Device

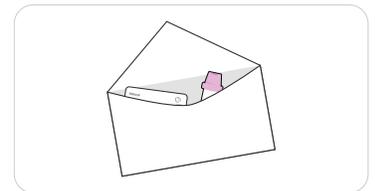
1. Holding the punctured finger over the microtainer opening, gently apply a squeeze and relax motion until a large hanging drop of blood forms.
2. Let the blood drop fall into the microtainer.
3. Repeat until blood level passes the first line on the microtainer (marked as 250).
4. If blood flow slows, use gauze, and firmly wipe puncture site. This wipes away natural clotting and blood flow should resume.

# 03

## SEND

### Label and Post

1. When the blood collection is complete, place cap tightly on the microtainer.
2. Invert the capped microtainer 8 times before packing.
3. Ensure everything is filled out properly and take a photo of the UPC label for your records.
4. Place the microtainer containing the sample into the plastic bottle provided.
5. Place the plastic bottle containing the microtainer into the resealable plastic bag containing the absorbent material and seal.
6. Place the completed & signed requisition form into the resealable plastic bag.
7. Place the sealed plastic bag, with sample and requisition form, into pre-paid return mailer and seal.
8. Your sample should be shipped same day it is collected.



## Checklist

- Verify all information is correct on the Test Requisition 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)