STEP-BY-STEP INSTRUCTIONS

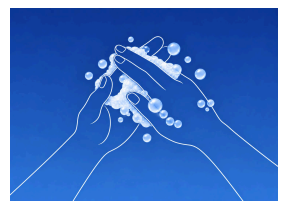
How to Collect Your Sample

Prepare your device, collect your sample, then seal and return it. Follow the steps below exactly as shown.

01. PREPARE

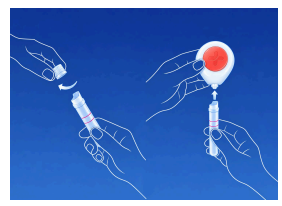
STEP 01 Wash Hands

Wash your hands with soap and water and dry them before you begin.



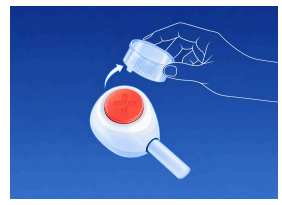
STEP 02 Prepare Device

Twist to remove cap from tube and press tube into device until snug.



STEP 03 Remove Cap

Remove clear plastic cover over red button.



STEP 04 Prepare Area

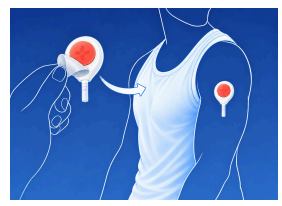
Rub heat pack up and down shoulder for 4 minutes. Follow by gently cleaning area with alcohol swab. Allow to dry.



02. COLLECT

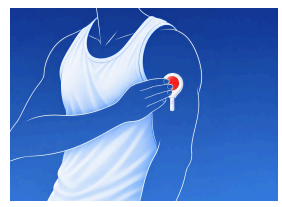
STEP 05 Attach Device

Peel tab away and stick device to shoulder. Hang arm at side.



STEP 06 Press Button

Press once all the way down and release. This may take 1-2 minutes.



02. COLLECT

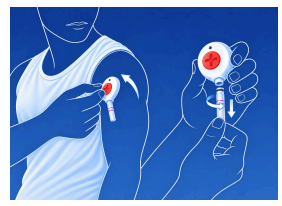
STEP 07 Collect Blood

Set timer for 5 minutes or until collection reaches the fill line.



STEP 08 Remove Device

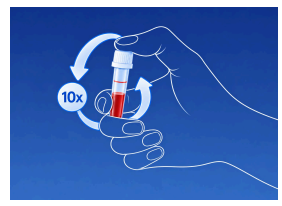
Peel from one side and remove gently. Then remove tube with slight twist and pull down.



03. RETURN YOUR SAMPLE

STEP 09 Cover Tube

Snap cap fully onto tube. IMPORTANT: Gently invert tube 10 times to mix.



STEP 10 Label Tube

Write your date of birth (MM/DD/YYYY) and the date of collection on the tube label.



STEP 11 Prepare to Ship

Place tube in clear zip top Return Bio Bag and seal.



STEP 12 Return Sample

Place the sample return bag into the shipping mailer and return Monday-Thursday.

