



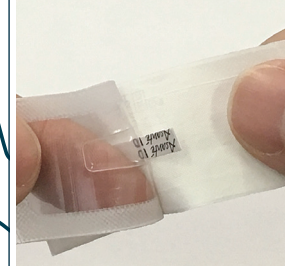
# At-Home Blood Sample Collection Instructions

## Before You Collect Your Sample

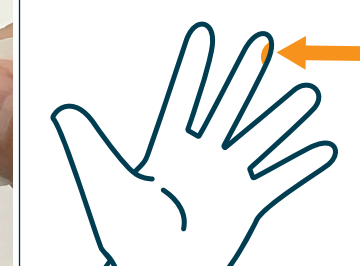
- Perform finger stick before a meal and not immediately after eating.
- Clean and warm hands with soap and hot water.



4. Twist off the pink tab from the finger stick lancet.



5. Open the collection strip package, wipe, gauze and adhesive bandage.



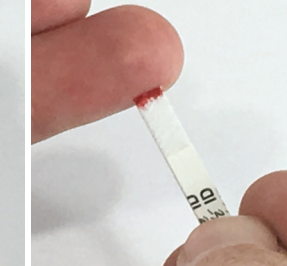
6. Identify puncture site. Use middle finger of non-dominant hand.



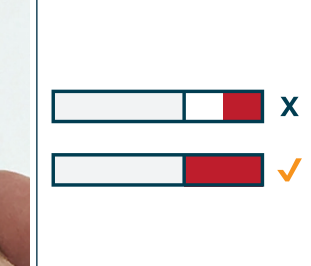
7. Clean with alcohol wipe and poke finger. To puncture, press lancet firmly against the puncture site. You will hear a click and feel a slight pinch.




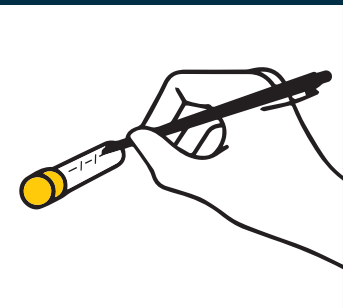
8. Use gauze to wipe away first drop of blood.



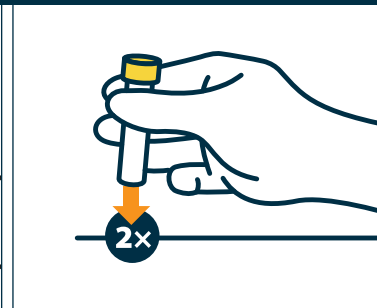
9. Touch the collection strip pad to the puncture site to wick up the blood onto the pad.



10. Make sure pad is full. This may take 30 to 60 seconds.  1 min



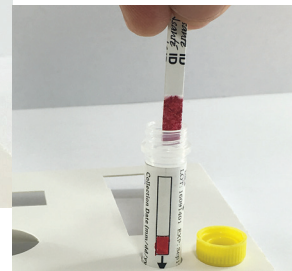
1. Write the date you collect your one-drop blood sample on the tube label.



2. Tap tube bottom twice on table. A near-invisible drop of stabilizing fluid may collect in the cap; tapping will disperse it to prevent spillage.



3. Place tube upright into the hole within the tray insert and unscrew and remove cap.



11. Insert strip into tube.



12. Screw the cap on.



13. Put tube and used lancet into the clear baggie and seal.



14. Place the baggie into the pre-paid envelope and seal.



15. Mail the sample via regular mail (USPS) on the same day as collected.

TeloYears Customer Service:  
support@teloyears.com | (844) 457-9944

See reverse for  
Frequently Asked Questions

# Frequently Asked Questions

## What's included with the kit?

- 1. Pink finger stick lancet (BD™)
- 2. One-drop blood collection strip
- 3. Yellow top transport tube
- 4. Alcohol wipe
- 5. Gauze pad
- 6. Adhesive bandage
- 7. Small clear baggie
- 8. Pre-paid mailing envelope

## Why should I wash my hands in warm or hot water before collecting my sample?

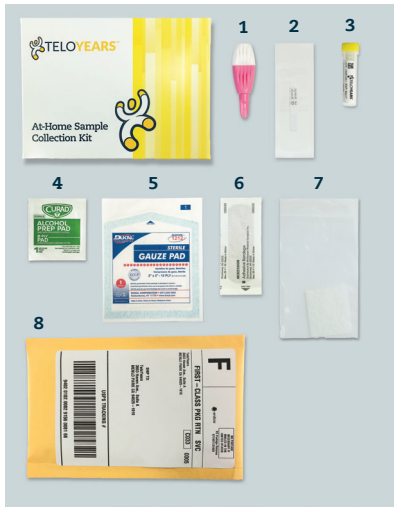
Blood flows better when your hands are warm. So make sure to wash your hands with soap and warm to hot water.

## How can you collect enough sample from one blood drop?

There are plenty of cells (up to 50,000) in a single drop of blood for us to reliably measure your telomeres.

## Why should I collect my sample before a meal and not after one?

To ensure good blood flow to your fingers, collect your sample before a meal and not immediately after eating. This is because blood flows to your stomach after you eat to help with digestion.



## Why are you collecting one-drop of blood and not saliva?

While telomeres could be measured from saliva, the result can be more variable due to external factors like toothpaste, food and coffee. The TeloYears method to collect a drop of blood via a simple and painless fingerstick offers the best combination of reliability and convenience.

## Can someone help me collect my sample or do I have to do it myself?

Either is fine. If someone helps you, make sure their hands are clean and that they read these instructions too.

## Why do I need to tap the tube twice on a surface?

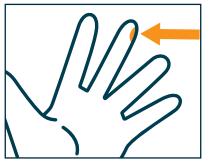
There is a tiny, almost invisible drop of stabilizing fluid in the tube that we don't want to spill out if it adhered to the inside of the cap while in transit.

## Does collecting my one-drop sample for TeloYears hurt?

You should feel a slight pinch. Most people have told us that collecting their sample doesn't hurt at all.

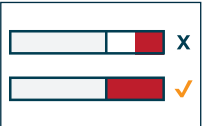
## Why should I puncture the middle finger of my non-dominant hand?

Since its easier to use your dominant hand to hold the pink lancet, since holding it is similar to gripping a pencil. On your non-dominant hand, we think the best puncture spot is the top of the middle finger, just to the side of your finger print.



## How long does it take to wick the blood onto the absorbent pad?

For most people, it takes between 30 and 60 seconds. What's important is that pad is fully saturated with blood. You may need to squeeze your finger to push blood out. Once you are done, it should look like a red rectangle.



## Why do I need to wipe right after the initial poke?

Wiping the first drop after the initial poke removes any potential skin, tissue or non-blood fluid that may contaminate the blood. In addition, it may help with blood flow to the puncture area.

## Why do I have to mail the sample on the same day that I collected it?

The sooner you send your sample in, the faster you will receive your results. Also, we have demonstrated that samples are stable and generate reliable results if they are sent in soon after they are collected. If you wait too long to send it in, your sample may degrade and you will have to submit another sample.

## Does my TeloYears kit expire?

Kits do expire eventually. We send kits out at least 60 days before they expire and often much longer. That said, the longer you wait to submit your sample, the longer you wait to know your TeloYears results. There is a label on the outside of the kit that displays your kit's expiration date.

## When will I get my results?

You should expect to receive your results within 2-3 weeks of when we receive your sample.

**TELOMERE  
DIAGNOSTICS**

3603 Haven Ave, Suite A  
Menlo Park, CA 94025  
www.teloyears.com

T: (844) 457-9944  
F: (650) 369-0644  
support@teloyears.com

The TeloYears test is not intended for screening, diagnosing, treating or preventing diseases or medical conditions. The information provided by the TeloYears test should not be used to replace medically appropriate screening tests recommended based upon actual age or other risk factors nor should the information be used to make decisions about diagnosis or treatment of diseases or medical conditions. Consult your doctor to identify other tests that may be appropriate for you. The Telomere Diagnostics lab is regulated under the Clinical Laboratory Improvement Amendments of 1988 (CLIA) as qualified to perform high-complexity clinical testing. The performance characteristics of this test were determined by Telomere Diagnostics. It has not been cleared or approved by the U.S. Food and Drug Administration. TeloYears and Telomere Diagnostics are trademarks of Telomere Diagnostics, Inc. BD is a trademark of Beckton, Dickenson and Company. Asanté is a trademark of Sedia Biosciences Corporation. ©2016 Telomere Diagnostics, Inc. All rights reserved. 400-0008 Rev A Sep 2016