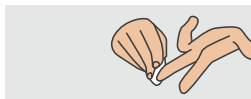


# Directions for Blood Test

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Unpack the sample collection kit marked "blood" -place the sterile cleaning pad, lancets, and filter papers on a clean, dry surface. Wash your hands in warm water and dry completely. Rub your hands together for 15-20 seconds. More heat means more blood flow.

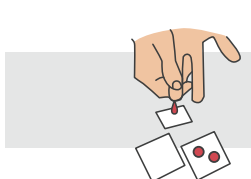
**routine**



**1** Clean the tip of your middle finger with the sterile wipe and let your finger dry for 30 seconds.



**2** Remove the protective tip of the lancet by twisting and pulling the long skinny part off.



**3** Place the tip of the lancet slightly off center at the tip of your finger and press down firmly until you hear a click. Release after 1 second.

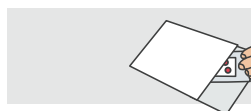


**4** Collect 2 blood drops on each of the filter papers. Each drop should be  $\frac{1}{2}$  inch in diameter and clearly visible on the back of the paper.

**\*\*Tip: let your arm hang down and massage your finger, starting at the base and working to the tip, to increase the blood flow\*\***



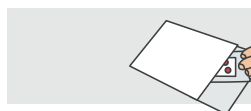
**5** If you are not able to collect all 4 blood drops with one prick, repeat steps with the second lancet on a different finger.



**6** Clean the prick point with your sterile cleaning pad after the sample collection and apply a bandage.



**7** Let the filter papers air dry on a clean dry surface **for at least 3 hours.**



**8** After the filter papers are completely dry, return them to the plastic bag and re-seal.

**9** Place the plastic bag in the return envelope. **If you've already completed the urine sample, seal the return envelope and place in a USPS box or collection facility within 24 hours. You will receive an email when your results are ready and uploaded in your profile.**

# Directions for DNA Test

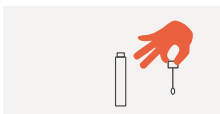
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Read all instructions before beginning. After you have registered, complete the below steps. Collect the samples right after waking up. Do not eat drink, brush your teeth, or rinse your mouth before.

routine



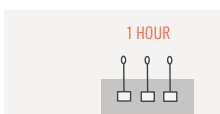
- 1** Remove tube from plastic packaging. Discard plastic packaging.



- 2** Holding plastic cap, unscrew swab from tube. Only touch plastic cap. **Do not touch other parts of swab.**



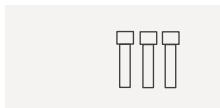
- 3** Using a toothbrush motion, rub tip of swab across the inside surface of both cheeks, over your gums, and above + below your tongue for **1 minute**.



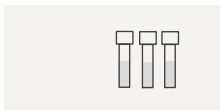
- 4** Allow the swab to dry in an upright position by placing bottom of plastic cap on a flat surface. Let the swab dry for at least **1 hour**.



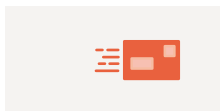
- 5** Repeat steps 1 through 4 for the second and third swab.



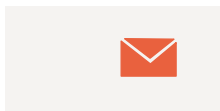
- 6** Once your swabs have dried, place each swab back into its tube and screw closed.



- 7** There are 4 barcode stickers on your registration card. Place 1 barcode sticker on the outside of each tube. Leave the final sticker on the registration card and double-check that you have registered your barcode on the customer dashboard.



- 8** Place 3 tubes into the return envelope provided with your kit and seal. Send your envelope to our lab via **USPS**.



- 9** Once your results are ready you will be able to view them in your customer dashboard.

# Directions for Urine Test

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Unpack the sample collection kit marked “Urine.” Collect the three filter papers and wax paper with clean, dry hands and bring them with you to the toilet. Setting them down only on the wax paper. A latex-free glove has been provided.

routine



**1** Place the wax paper on a counter. This acts as a liquid resistant barrier and is where the filter papers will dry.

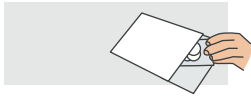


**2** Allow for the first part of your urine (approximately the first 3 seconds) to flow into the toilet. Afterwards, place each of the three filter papers in your urine stream soaking each completely.



**3** Individually place the soaked filter papers on the wax paper and let them air dry for 10 hours.

**4** After the filter papers are completely dry, return them to the plastic bag and seal the bag



**5** Place the plastic bag in the return envelope. **If you've already completed the blood sample, seal the return envelope and place in a USPS box or collection facility within 24 hours.**