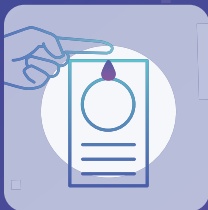
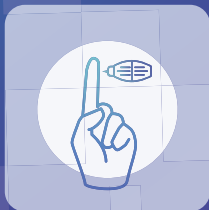




Blood Collection Kit

Instruction Manual

Blood Spot Edition



Your Box Contains:

Blood Spot
Card



Lancets



Alcohol Wipe



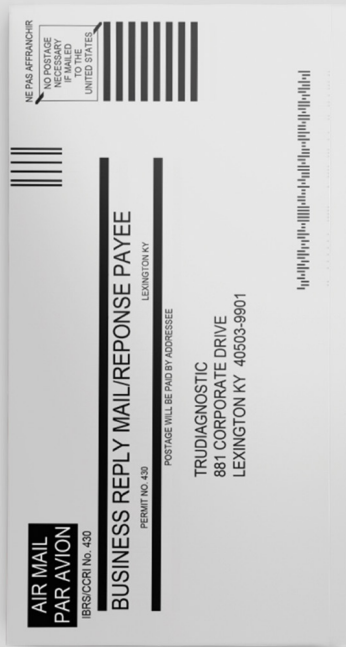
Gauze Pad

Bandage



Biohazard Bag

Prepaid Return Envelope



Discover What's Next

Before we begin, let us share some important information.

Indications of Use

The test is intended to provide users with their epigenetic information to inform lifestyle decisions and conversations with their doctor or other healthcare professional. This product is designed for the collection of human blood samples.

Disclaimer

The TruDiagnostic test can tell you if you have epigenetic markers associated with certain health conditions. The report does not diagnose any health conditions or contain any medical advice. Consult with a healthcare professional before making any major lifestyle changes or if you have any concerns about your results.

The laboratory may not be able to process your sample. If this happens, we will notify you by email and provide you with one free replacement kit to provide us with a new sample.

Summary

This self-collection kit provides materials and instructions for collecting and stabilizing blood samples for use with the TruDiagnostic test. The test detects specific epigenetic markers. Your epigenetic results are returned to you in a secure online account on the TruDiagnostic website.

IVD For in vitro use



Step 1

Register Your Kit

Go to trudiagnostic.com/register (or scan QR code on the back of instructions) to register your kit. Use your kit's bar code and complete your 5 minute health assessment.

Tip:

Write down your barcode number for future reference.

Don't forget, we are **unable** to process your sample until it is registered and your online health assessment is completed.



Step 2

Wash & Prep Hands

Wash your hands in warm, soapy water. Dry your hands thoroughly with a clean towel.

Use the alcohol wipe to clean your preferred finger for collection, and let skin dry again.

Tip:

It is easier to collect a sample when your hands are warm. Try using hot water or doing jumping jacks to increase circulation.



Step 3

Prick With Lancet

Once fingertip is dry, twist lancet's blue top to remove cap.

Align the lancet against your chosen fingertip, and press firmly down to activate the lancet's internal spring. Expect resistance before it activates. This will puncture the skin. Wipe away the first drop of blood with the dry gauze pad.

Tip:

The side of your fingertip has fewer nerves than the center pad. It may help to brace the back of your hand against a flat surface when activating the lancet.



Step 4

Collect Sample

Starting at the center of the circle, apply 6-9 drops to fill and soak through the blood spot card.

Fill the circle on the blood spot card completely. It is okay for the blood to extend beyond the lines.

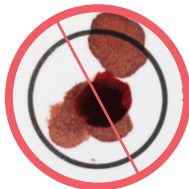
Note:

If the sample is collected incorrectly (ie. not enough blood) and we are unable to process your results, we can reship a new kit. However, a small fee will be charged in order to cover kit and shipping costs.

**Correct
Application**



Incorrect

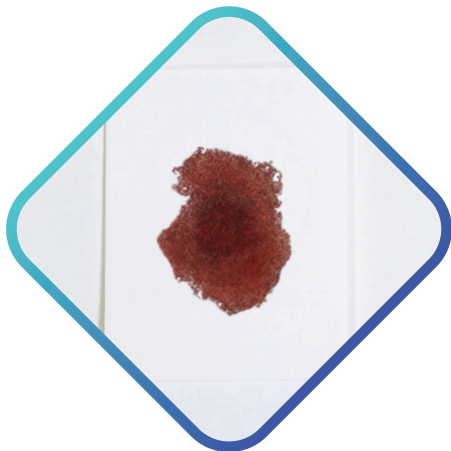


Blood Spot Card Tips

Do not touch the blood spot card with your finger as this will restrict blood flow.

Do not add additional blood to the circle once completed or dry. ***“Layering”*** blood will invalidate the collection.

Make sure the circle is fully saturated before moving on to the next step. This will take more than one drop of blood.



Step 5

Check Back of Card

Check the back side of the blood spot card. Blood should be saturated all the way through the collection paper.



Step 6

Dry Card & Apply Bandage

Now that your blood collection is finished, please apply the bandage to your fingertip.

Let the blood spot card air dry completely. Place it in a safe location away from moisture and direct sunlight for at least 3 hours.

Once the blood spot card is dry, tuck the card's cover into its front flap to protect it.



Step 7

Seal In Bag

Place the blood spot card into the biohazard bag and seal. Make sure there is as little air as possible inside the bag. Fold the biohazard bag down in size and place it into the pre-labeled envelope.

Tip:

DO NOT fold blood spot card.

DO NOT mail the blood spot card without the biohazard bag.



Step 8

Ship in Sample

Seal the prepaid envelope with the biohazard bag inside.

Drop the envelope at any USPS drop box - shipping is already prepaid.

Ship your sample on the *same day of collection* or place your sample in the fridge until ready to ship. This ensures our lab receives the best quality sample.



Step 9

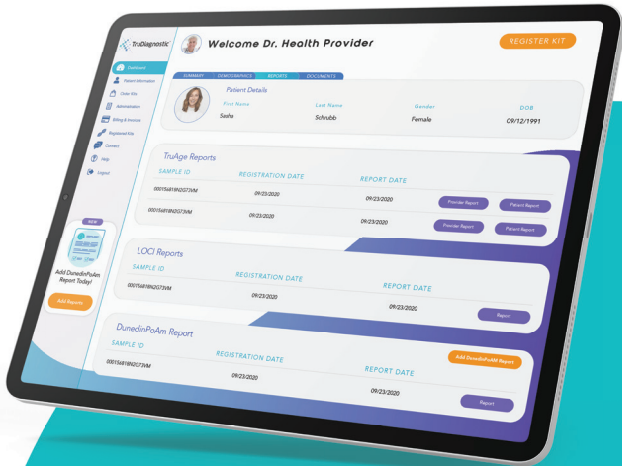
Your Epigenetic Journey Has Begun!

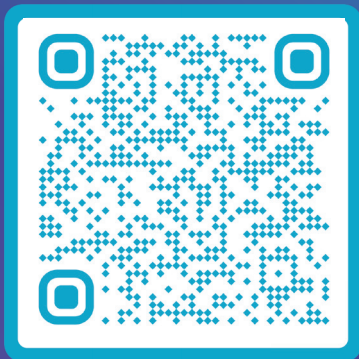
You'll receive an email when our lab receives your sample.

Your results will be ready 2-3 weeks after that date.

Once your results are ready, you will be able to access them by signing into your secure online account.

Check out updates and other available reports on your patient portal!





Scan QR code using your smartphone's camera to quickly register your kit or go to the website: trudiagnostic.com/register

We are **unable** to process your sample until it has been registered.

Questions?

TruDiagnostic.com
833.963.1700
support@trudiagnostic.com



Follow us on Social Media

@trudiagnostic #trudiagnostic

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