

Step 4: Pack sample & send to lab

- 1 Put the sealed sample tube into the seal bag **F** and seal the seal bag by peeling off the adhesive strip at the opening and pressing the two sides of the bag together.
- 2 Write your last name on the barcode label on the sealbag and pack the sealbag in the return box **G**.
- 3 Seal the return box with the enclosed sticker **H**.
- 4 Drop the return box into a Swiss Post letterbox on the same day and before the last collection. A stamp is not necessary.

Step 5: Receive results

Your results are usually available within 2-3 business days. You will receive a SMS or email notification as soon as they are ready. Simply log in to your account via the "My Test" page on our website to access the results.

FAQ

Here are some additional tips & tricks:

Can I use another finger?

We recommend the ring finger because it hurts the least. But you can also use all other fingers except thumb and index finger. The choice of hand is also up to you.

Need instructions in another language?

You can find instructions in German, French and Italian under yourself.health/pages/mytests.

Blood got on the barcode?

Wipe the blood off immediately, as the barcode is needed to assign the sample.

Feeling uncomfortable taking the test or don't have enough material to collect the sample?

Contact us at service@yourself.health.

No more blood coming?

Repeat the same process with another finger.

When should I do the test?

	Mo	Tu	We	Th	Fr	Sa	Su
Morning	×	×	×	×	×		
Afternoon	✓	✓	✓	✓	✓	×	×
Evening	×	×	×	×	×		

Do the test in the afternoon on a weekday, so that you can drop your sample in a Swiss Post mailbox before the evening collection time.



Activating your test & taking your sample takes approx. 20 minutes.



After exercise, wait 30 minutes to take your sample.



Make sure that a collection is still due for the mailbox on that day when dropping off your sample to ensure it arrives at the lab the next day.

Step 1: Activate test online



Scan QR code to start activation.



Enter code on the enclosed code card & answer activation questions.



Important: Watch the instruction video before you start taking your sample.

Step 2: Warm up hands




Wash hands with warm water for about **4 minutes**.



Important: Run water over wrists as well.



DO NOT rub or clap your hands! This can falsify your results.



Contact

Do you have any questions about how to take your sample or when you can expect your test results? Contact us on service@yourself.health or use the chat on our website (www.healthyourself.ch).

Package contents



Code card



Instructions



1x Sampling tube



2x Disinfecting wipe



2x Band aids



Sealbag



2x Lancet



4x Tissue



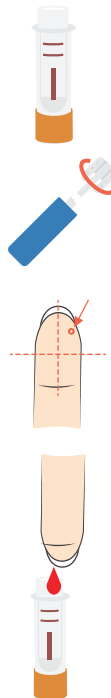
Return box



Seal to close

Step 3: Take sample

- 1 Unscrew the sample tube (A), put the lid on the bottom of the tube and place it on the table.
- 2 Disinfect the fingertip of your ring finger (recommended: non-dominant hand) with a disinfectant wipe (B).
- 3 Remove the white protective pin from the lancet (C) by turning the pin to the left and then pulling it off (see picture).
- 4 Stand up and press the nail of the disinfected ring finger firmly onto the edge of the table (fingertip pointing upwards). With the thumb of the same hand apply pressure below the tip of the ring finger so that the skin of the fingertip tightens.
- 5 With the free hand press the lancet against the tightened fingertip (see picture for position). Press on the lancet until it "clicks". A small cut is made, which may hurt a little. The tighter the fingertip, the less pain!
- 6 Stop applying pressure to the fingertip with your thumb and wipe off the first drop of blood with the tissue (D).
- 7 Hold the finger with the cut over the test tube. The palm of your hand should continue to face you, so you avoid blood running into your nail. If you cannot see the cut well in this position, bend forward a little. It is best to wait until a drop of blood has formed and then wipe it off at the inner edge of the tube. Important: make sure that your finger is pointing downwards so that gravity can do its work.



- 8 Ensure continuous blood flow with the "fingertip pump": continue to hold the bleeding finger over the sample tube. The palm of the hand continues to point towards you. Place the thumb of the free hand above the bleeding fingertip and position the index finger on the back of the same finger. The fingertip should be pinched between the thumb & index finger (see picture) and you should be able to apply pressure to the fingertip (skin should tighten).
When you apply pressure with your thumb on the fingertip, a drop of blood should form. Release the pressure, wipe the blood drop off the tube, wait a short moment and then apply pressure again. Not clear? Check out the instruction video (see first page of instructions for QR code).
- 9 Repeat "fingertip pumping process" until the test tube is filled to between the two brown marking strips.
- 10 Cover cut with a band-aid (E) once you are done.
- 11 Detach the cap from the bottom of the test tube and use it to close the tube. There will be a "click" when the tube is closed correctly. It is best to turn the tube upside down once to make sure it is closed correctly.

