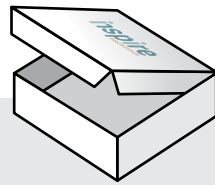


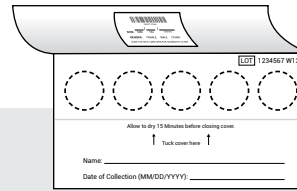
Kit includes
the following:



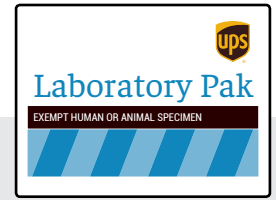
Inspire Box



Instructions



1 Blood Collection Card
with Barcode Label
Note: Food Sensitivity Tests
will include 2 collection cards.



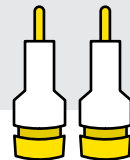
Return Envelope
with Prepaid Label



1 Alcohol Pad



Sterile Gauze



2 Single Use
Lancets



1 Adhesive
Bandage



1 Desiccant
Pack



1 Biohazard
Specimen Bag

Important

1. Fasting for 10-12 hours (except for water) is required if testing lipids and other cardio health makers.
2. Hydration promotes blood flow. Be sure you are not dehydrated while performing collection.
3. Do not perform collection immediately after smoking.
4. Washing and warming your hands under warm water will help promote blood flow in your hands.
5. Shake hands vigorously towards the floor to encourage blood flow to your fingers.
6. Keep collection device and hands below your heart during collection for best blood flow.
7. You may need more than one finger prick. Repeat these tips between each finger prick.

To prevent rejected specimens, read all instructions before beginning collection. Please follow these steps:

1

Login to your Inspire account:
<https://inspire.app.1health.io>



2

Collect your sample.
Detailed steps are listed
on the next page.



View a collection
instruction video

3

Mail your sample back to us.
Use the prepaid envelope to send your
sample back to our lab for processing.

4

Detailed instructions on next page...

Questions? Please visit our FAQ page at inspirewellnessathome.com/pages/faq or call 949-868-4100
General inquiries: wellness@inspirediagnostics.com **Shipping inquiries:** shipping@inspirediagnostics.com

For a seamless testing process, please follow these steps:



1

Finalize your account so you can track your order progress.

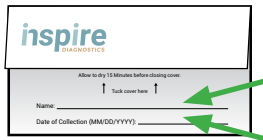
Login to <https://inspire.app.1health.io>. If you have not already set your password, please refer to 'Forgot Password' to do so. After logging in, please refer to 'Choose or Update Patient'. If the test is for an individual other than the one who placed the order, you may add a new patient.

2

Collect your blood samples.

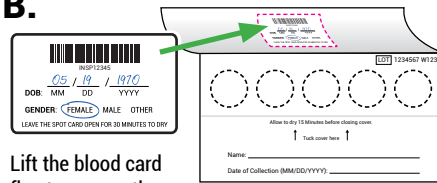
Samples should all be collected on the same day, and within the first 30 minutes of waking up. It is important to completely fill all the circles on the blood spot card. If some circles are unfilled the lab may not have enough blood to process your sample:

A.



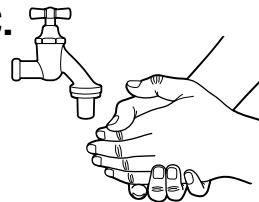
Write your name and the date of collection in the designated fields on the blood collection card. Use MM/DD/YYYY format.

B.



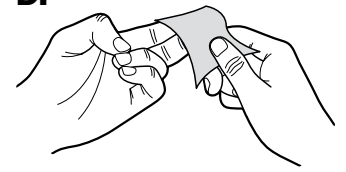
Lift the blood card flap to expose the circles on the blood collection card (**do not touch the circles**). Using a ballpoint pen, fill out your date of birth and circle your gender on the barcode label located on the underside of the flap.

C.



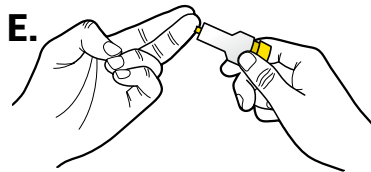
Wash hands with warm water for at least 30 seconds, then shake hands vigorously for 15 seconds to encourage blood flow to your fingers.

D.



Clean fingertip with alcohol pad. It is best to use the middle or ring finger of your non-dominant hand. Allow to dry.

E.

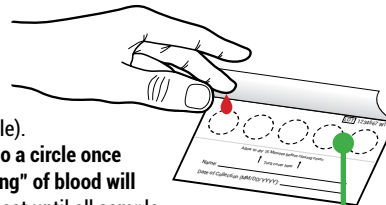


Massage the palm of your hand in a downward position to allow blood flow to the tips of your fingers. Take the lancet and twist off the cap. Press the small tip firmly into the tip of your finger, on the side, until the needle ejects with a click.

F.

Without having your finger touch the paper, place a blood drop in the center of the circle (one large drop per circle). **Do not add additional blood to a circle once completed or dry. The "layering" of blood will invalidate the collection.** Repeat until all sample circles are filled. Use the gauze to stop the bleeding after your collection is complete, and apply a bandage.

Note: Food Sensitivity Tests will require 10 blood spot collections (2 cards). All other tests require 5 blood spot collections (1 card).



G.

Allow your collection to dry. Leave the spot card open to dry for a minimum of 30 minutes. After drying, place the collection card inside the provided biohazard bag with the desiccant pack and seal tightly.

Store your sealed bag in a refrigerator until it is ready to be mailed.



3

Sign back into your account to log your collection

Login link and QR Code available above in **Step 1**. Once logged in, go to 'Sample Collection' in *Journey Details* to log the date and time of your collection.

4

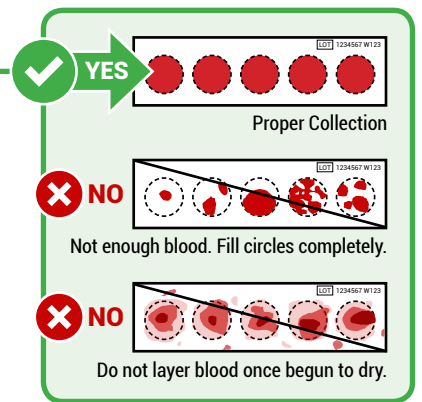
Mail back test sample

A. Place the entire biohazard bag (containing your sample) into the shipping box.



B. Place shipping box into the pre-addressed UPS return pack. Remove adhesive cover strip and seal the return pack closed.

C. Deliver the pre-addressed UPS return pack to a local UPS store. Be sure to deliver your sample to a UPS store before the last express pick-up. **DO NOT return to a UPS Access Point or Drop Box.** The lab is open Monday - Friday.



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