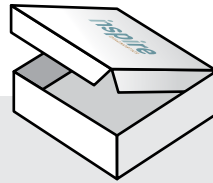


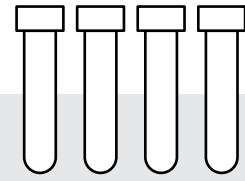
Kit includes
the following:



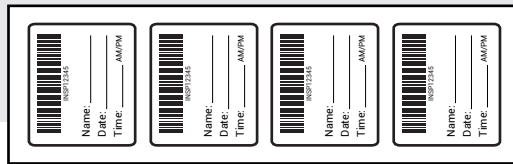
Inspire Box



Instructions



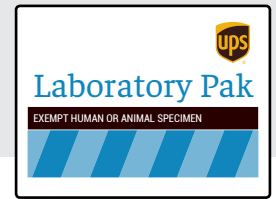
4 Saliva Collection Tubes



Labels for Saliva Collection Tubes



1 Biohazard
Specimen Bag



Return Envelope
with Prepaid Label

Important

1. Do not eat, drink (except water), smoke, chew gum, brush teeth, or consume dairy products, acidic or sugary foods within 30 minutes prior to collecting a sample.
2. Do not use lip products or consume alcoholic beverages the day you collect samples.
3. The saliva samples should not be discolored (example: brown from coffee, red from blood).
4. Failure to follow these notes may result in an invalid sample which cannot be processed.

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 all 4 saliva samples on the same day.

Samples should be collected as follows:



Sample 1
Morning (within 30 min. of waking up)



Sample 2
Mid-Day (noon)



Sample 3
Afternoon (4pm)



Sample 4
Night (Around 9pm)

IMPORTANT

- ▶ Do not eat, drink (except water), smoke, chew gum, brush teeth, or consume dairy products, acidic or sugary foods within 30 minutes prior to collecting a sample.
- ▶ The saliva samples should not be discolored (example: brown from coffee, red from blood).
- ▶ Do not use lip products or consume alcoholic beverages the day you collect samples.
- ▶ Failure to follow these notes may result in an invalid sample which cannot be processed.

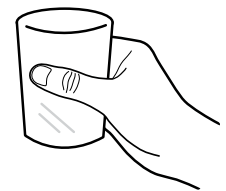
When ready to collect the sample, please complete the following steps:

A.



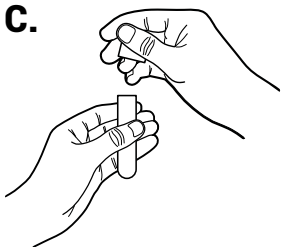
Wash hands.

B.



Rinse your mouth with water 5 minutes prior to the collection.

C.



Withdraw one tube you are about to collect saliva into. Unscrew cap and place aside during collection.

D.

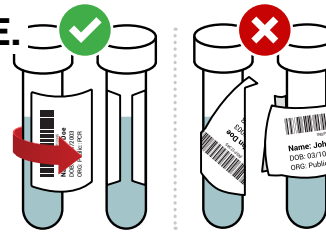
Collect the sample.

To do so, tilt your head forward and with your tongue, push saliva down into the collection tube.

Continue until the tube is at least three-quarters full with saliva (not bubbles).



E.



Screw the cap on tightly. Using a ballpoint pen, fill out your name, date, and time of collection on the label. Place label on the vial vertically, as shown.

F.

Place the saliva sample inside the provided biohazard bag and seal tightly. Store your sealed bag in a freezer until all collections have been completed and are ready to be mailed.



Repeat steps until all collections have been completed.

3

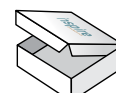
Sign back into your account to log your collections.

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 collections. **Note:** You are only required to enter the time for **one** of the four samples. **It is important to include all date and times on the collection labels.**

4

Mail back test samples.

- Collect all 4 samples from the refrigerator and place the biohazard bag with saliva samples into the shipping box.
- Place shipping box into the pre-addressed UPS return pack. Remove adhesive cover strip and seal the return pack closed.
- 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.



Questions? Please visit our FAQ page at inspirewellnessathome.com/pages/faq or call 949-868-4100
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