



BioHealthcare
Hub™

Predictive & Preventative Healthcare Testing

BLOOD DROP
BLOOD TESTING CLINIC
Blood testing. Done right. Done fast.

Know My Gut
Empowering the second brain

MyDNA Clinic
Empowering Predictive Healthcare

How To Use Guide

Getting prepared to take
your DNA sample

How to take your DNA
blood sample

Activating & posting
your sample



Scan QR code to
watch how to use video

- ✓ For optimal FedEx pickup (Monday - Friday), aim to perform your test between Sunday and Thursday.
- ✓ Read the instructions carefully before using your kit
- ✓ Check that all the contents are in the box
- ✓ Do not open the blood collection device until you are ready to use your kit

Preparation for DNA Blood Spot Sample Collection

Check that you have all the components before starting



2 x Alcohol
wipe



3 x Lancets



2 x Gauze pads



2 x DNA
collection card



2 x Bandage



2 x DNA sample
return bag



1 x Clear plastic bag



1 x FedEx laboratory
return package

Step 1 - Add Your Details

TEST REQUISITION FORM

[illegible]

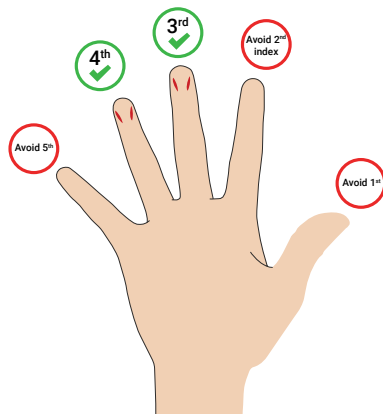
- Place all contents of the kit on a clean work surface.
- Write your name, date of birth, and date of test on DNA Blood Spot sample collection cards and the Test Order Form.
- Enter your test code, which can be found on your invoice.

Diagram illustrating the correct placement of blood drops on the Advanced X100 test strip. The strip is shown with a vertical line indicating the area for adding blood. The instruction states: "Place Four (4) Large Blood Drops in Each Squeeze". The strip is labeled "Advanced X100". The bottom of the strip features three fields: "Patient's DOB", "Print Patient's Name", and "Date Collected", which are circled in red.

Step 2 - Select your finger & increase the blood flow

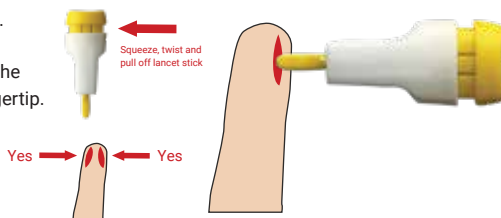
Try to select the non-dominant arm since this will have fewer calluses.
Select the correct position and finger for the test.

- Warm Your Hands: Warm your hands under warm, running water. Gently massage the fingertip 5-6 times to warm it further.
- Increase Blood Flow: While standing, pump your fists to enhance blood circulation.
- Select the Right Finger: Choose a finger without thick skin or calluses to ensure the lancet can pierce effectively.
- Clean and Dry: Clean the selected finger with an alcohol wipe, then thoroughly dry it with a clean tissue. Wet fingers can lead to hemolyzed results due to residual alcohol affecting the blood sample.



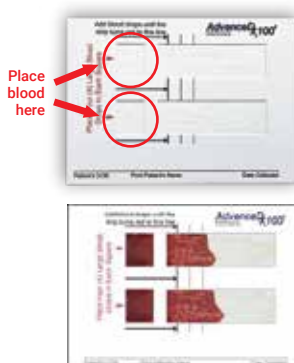
Step 3 - Creating your blood drops with the lancet

- Clear your little or ring finger with an alcohol swab.
- Twist off the thin yellow tip of a lancet, and place the white end firmly against the side of your clean fingertip.
- Press the yellow button until the lancet clicks. This will push a tiny needle into your fingertip.



Step 4 - Collect your blood on to the Dried Blood Spot card

- Remove the first drop of blood using a piece of gauze.
- Allow 4-7 large free-falling blood drops to land on the top left square of the card. Do NOT touch your finger directly on the collection square.
 - The illustration shows how a proper collection looks.
 - Blood will migrate from the square to the rectangle.
 - Do not put blood directly on the rectangle.
- Place 4-7 additional drops of blood on the lower left square by repeating the steps above using a new lancet if needed.
- If you have a second collection card then repeat the process above for the upper and lower collection squares.
- Allow the collection card(s) to dry for 1 hour.



Step 5 - Place DNA Blood Spot card inside return bag

- Tear open the white Blood Sample Return Bag at the notches and place the dried collection card into the Sample Return Bag(s) and seal. (One card, each goes into a separate sample return bag.)
- Place the DNA Sample Return Bag and Test Order Form into the clear plastic bag.



Step 6 - Log in to your Bio Health Hub account to activate your test

IMPORTANT: IF YOU DO NOT ACTIVATE YOUR TEST ONLINE WE WILL NOT BE ABLE TO TRACK IT.

Step 7 - Ship today



- Ship the same day as sample collection.
- If you have a U.S. Postal Service mailer, place in a standard mailbox or bring to your local post office.
- If you have a FedEx mailer, find the nearest FedEx drop box by:
Going to: bit.ly/fedexdropbox
(Mon-Fri only) or Calling: 1-800-463-3339
- Place the clear plastic bag inside the pre-labeled mailer (either FedEx or U.S. Postal Service) and seal closed.
- Place the Blood Sample Return Bag and Test Requisition Form into the clear plastic bag.