

Biometric Home Screening Instructions



IMPORTANT INFORMATION - PLEASE READ

To ensure accuracy, you will need to fast (no food and only water or black coffee) for at least 9 hours before you take your test. We recommend fasting overnight and then taking the test first thing in the morning before breakfast.

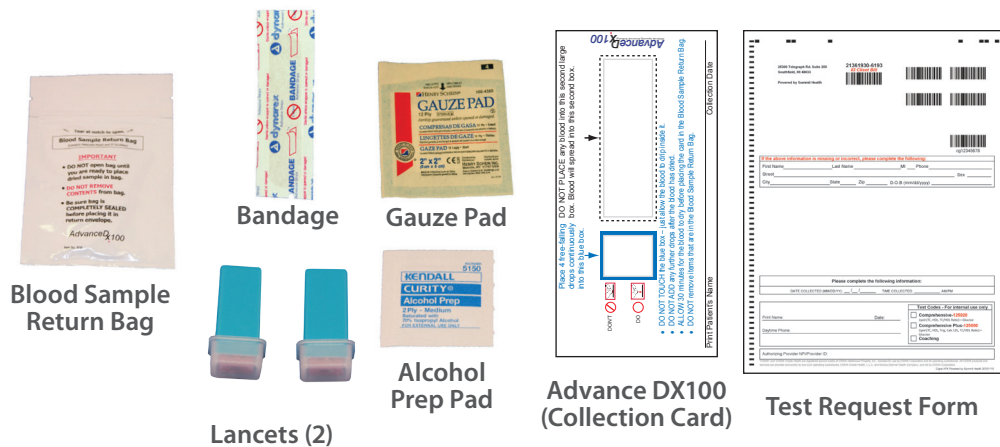
Remember to return your completed Home Screening by the close of your screening event, otherwise it will not be processed.

- The lab won't be able to process an incomplete, soiled or wet sample.
- Failure to follow all instructions may result in your sample not being tested.
- If you feel faint or dizzy, sit down.
- Keep your hand lower than your heart to aid in blood flow.
- Federal law restricts sale or use of this device except on the order of a doctor. The required doctor order has been processed for you by Summit Health. No additional action is required on your part.
- Do not expose your sample collection card to direct sunlight.
- Only one person's blood should be applied to the collection card.
- During sample collection, use precautions to prevent others from coming in contact with your blood.
- Do not leave your sample in a place where others may be exposed to it.
- Keep out of reach of children. Not intended for use on children.
- If you feel ill, contact your doctor.

Questions? Call us at 888.240.0962

1 CHECK KIT CONTENTS

- Please check the contents of this package to be certain you have all the supplies. If something is missing, call: **1.888.240.0962**.
- Place all kit contents on a clean dry surface to begin.

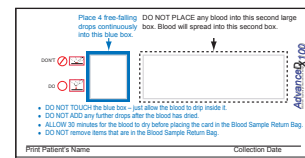


2 FILL OUT THE ADVANCE DX100 (Collection Card)

- Remove barcode from **Test Request Form** and place on back of **Collection Card** (Image 1).
- PRINT, with ink, your name and date on the **Collection Card** (Image 2).
- Complete all required fields on the enclosed **Test Request Form**.



(Image 1)



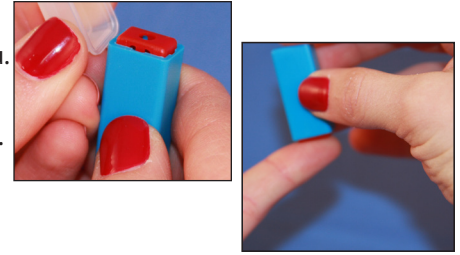
(Image 2)

3 CLEAN AND WARM YOUR HANDS

- Wash hands with soap and the warmest water you can withstand, and dry thoroughly.
- To increase blood flow, rub your hands together, pointing them down, for 10-15 seconds.
- Open and use **Alcohol Prep Pad** to clean chosen finger (middle, ring, or pinky finger - if your hands are callused, use your pinky) and let it dry for 15 seconds before pricking.

4 PRICK YOUR FINGER

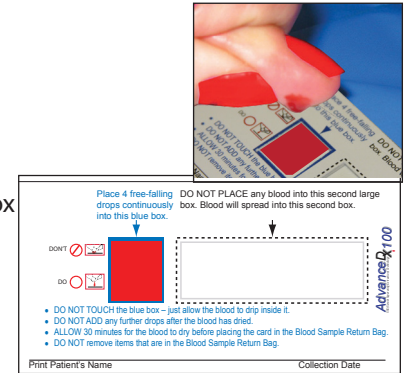
- Place the **Collection Card** and the opened **Gauze Pad** and **Bandage** in front of you.
- Remove the protective cap from the **Lancet**.
- Choose a puncture site on the right or left side of the center of your chosen fingertip.
- With your hand on the table, palm side up, place the tip of the **Lancet** on the specified area of your chosen finger.
- Hold **Lancet** steady, press down firmly until it “clicks,” then release.



5 COLLECTING YOUR SAMPLE

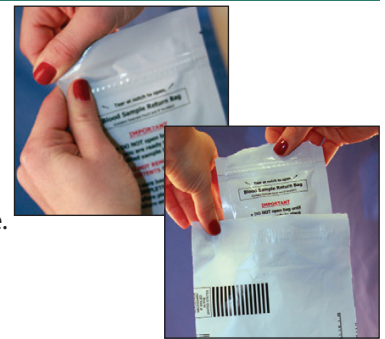
NOTE: Our laboratory must receive a blood sample of sufficient quantity (about 4-5 large drops of blood) or it cannot be processed.

- Squeeze finger from the base to the tip to increase blood flow.
- Place blood drops in the box to the left on the **Collection Card**, do not touch **Collection Card**. Place 4 free-falling drops continuously into the blue box which is on the left side of the **Collection Card**.
- This may take a few minutes and require a second lancet. Do not touch the blue box - just allow the blood to drip inside it. Do not place any blood into the second large box. Blood will spread into this second box on its own.
- Once sample is complete - firmly hold the **Gauze Pad** on your finger until bleeding has stopped.
- Place **Bandage** on your finger.



6 PREPARE SAMPLE FOR SHIPMENT

- Allow the **Collection Card** to air dry for **30 minutes**.
- Tear open the **Blood Sample Return Bag** at notches.
- Insert the **Collection Card** into the small **Blood Sample Return Bag** and seal. **DO NOT** remove ANYTHING from the **Blood Sample Return Bag**.
- Place the following into the large pre-addressed, prepaid mailing envelope:
 - Completed **Test Request Form**
 - Sealed **Blood Sample Return Bag**
- Seal and mail envelope as soon as possible.
- The used safety **Lancet** and **all other kit supplies** should be discarded into your regular trash.



7 MAIL SAMPLE TO THE LAB

- MAIL YOUR SAMPLE THE SAME DAY YOU COLLECT IT - the lab must receive your sample within 7 days of collection or the integrity of the sample may be compromised.
 - You can place the sealed return mailer inside any U.S. Post Office mailbox - no postage is required.
- Congratulations on completing your home screening! You will be notified when your results are ready.**

HOW TO MEASURE YOUR WAIST CIRCUMFERENCE

Tape measure supplied if required

According to many studies, the waist circumference is said to be a good indicator of risk factors for heart disease, type II diabetes, hypertension, and other conditions associated with increased fat around the waist and abdomen. U.S. government guidelines now say men should aim to have a waist 40 inches in circumference or less and 35 inches or less for women.

This measurement can be obtained using the included measuring tape. Be sure to measure against your skin, NOT over your clothing.

- 1.** While standing, locate the top of the hip bone with your thumb. Place the beginning of the tape measure under your thumb.
NOTE: This may feel like the incorrect place to measure, but you are not measuring for clothing size, you are taking your “medical waist” measurement.
- 2.** Pull the tape around your abdomen meeting back at your thumb (starting point). Ensure the tape is snug, but does not compress the skin.
TIP: Standing in front of a mirror while taking the measurement can assist with making sure the tape remains level around your body.
- 3.** Read the measurement (number in inches) at the end of a normal expiration of breath. Record this number on the form provided.