



IMPORTANT!

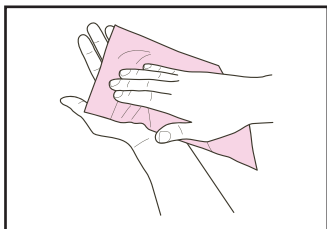
You MUST activate your test online so you can receive your results.

To activate please visit
checkmybodyhealth.co.uk/activate

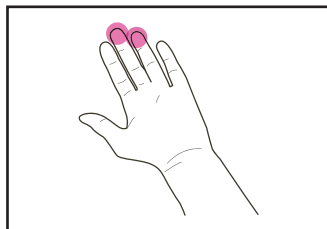
Before posting your sample please make a note of your Royal Mail tracking number. Samples should be sent back to our laboratory on the same day it is taken using any royal mail postbox.

Sample Collection Guide

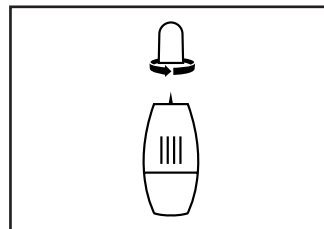
Blood collection and postage



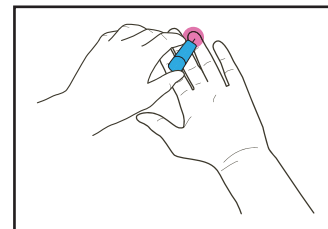
Wash your hands before carrying out the test using warm water and soap. Dry your hands before you begin. Make sure you're well hydrated as this will help bloodflow.



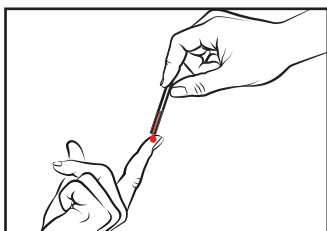
On your **non-dominant hand** wipe the third or fourth finger with the **alcohol wipe** and allow to dry.



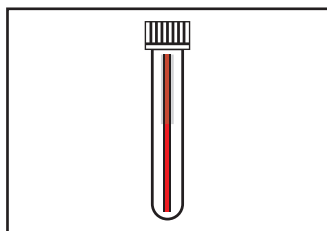
Take one of the lancets from the kit bag, **twist and remove the white cap** to make ready for use. Unpack the foil pouch removing the absorbent wand from the protective casing.



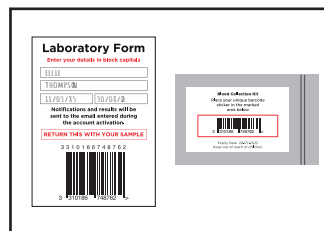
In a standing position, take the lancet and **press firmly against the rounded tip of the selected finger** The lancet will activate with a click.



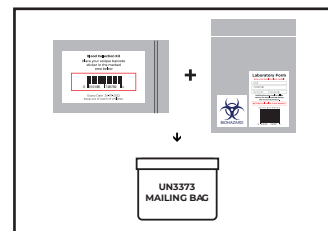
Massage down your palm to the tip of your finger to encourage blood flow. Collect blood with the absorbent wand until half red.



Slide the holder and continue collecting blood until the **whole wand is completely red**. Place the wand back in the protective casing and place in the foil pouch.



Complete **all the details** on the laboratory form sticker and **apply to the outer of the biohazard bag**. Next apply your unique reference number to the foil pouch.



Place your foil pouch into the biohazard transport bag and finally place this into the mailing bag provided with your kit and **post back free of charge** using any postbox.