

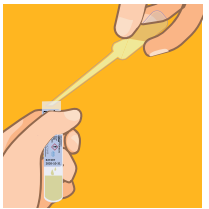
Grab your favorite black ink pen and fill in your collection tube with your full name, today's date, and your birthday.



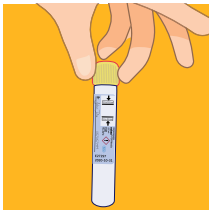
Wash your hands and collect your urine into a clean container. For best results, collect the beginning of your urine stream, or "first catch" urine. Remember to not urinate for at least 2 hours prior to the urine collection.



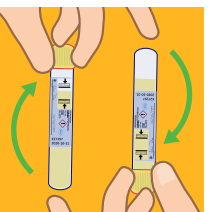
Unscrew the cap of the collection tube to prepare it for the sample. Using the included pipette, transfer the urine to the collection tube.



Your goal is to fill the tube up to the maximum fill line.



Screw the cap back onto the collection tube. Double check to make sure it is nice and tight!



Mix the specimen by inverting the tube upside down 5 times.



Place the collection tube into the biohazard bag, and then into to addressed polmailer along with your completed blood collection card. Please mail out within 24 hours.

URINE COLLECTION INSTRUCTIONS

PLEASE READ THE INSTRUCTIONS BEFORE TAKING YOUR TEST



Para obtener instrucciones en Español, vaya a www.behealthyr.com/instrucciones



Smarter health at your fingertips.

Feeling nervous? Don't worry, we're here to help! Just call us at (833) 416 -6816, and we will personally walk you through your test.

We recommend fasting for 8 hours and having a glass of water prior to taking your test. This will make collecting your sample easier and your results more accurate.

Pro Tip: Take your test first thing when you wake up!

LET'S GET STARTED!

Your kit must be registered in order to receive your results. Scan the QR code below or visit: www.behealthyr.com/register/kit