

GET STARTED



We recommend drinking a glass of water to hydrate before starting. It will make collecting enough blood easier.



Scan the QR code or visit:
behealthyr.com/register/kit

After you've registered your test and watched the video, use the instructions below to start your test.

COLLECT SAMPLE

1. Prepare

Fill out the collection card with your name, today's date, and your date of birth.

Tips: Try rinsing your hands in warm water to increase circulation. Increasing your heart rate helps, too. You can also try swinging your arm in a circular motion.



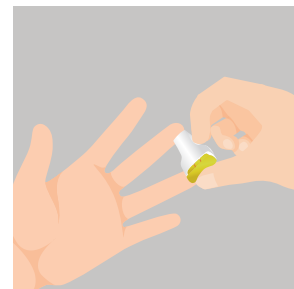
2. Use lancet

Clean your middle or ring finger with the alcohol pad.

Twist off the lancet cap.

Firmly press the lancet into the side of the tip of your finger. When ready, push the button to puncture the skin.

Extra lancets are provided if needed.



3. Collect blood

Drip 4-6 large drops of blood onto each of the small squares so that red blood reaches the 1st line. Do not bleed onto the rectangular section.

Finish a square before starting the next one. You can take breaks between squares if needed.



RETURN

Pack for return and mail within a day

Let the collection card dry completely.

Place the card into the foil bag.

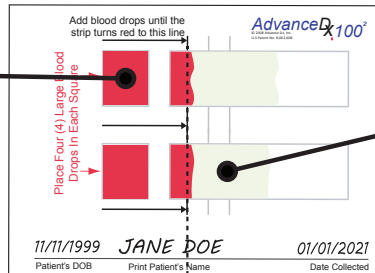
Place the foil bag into the prepaid mailer.



THE BASICS



Bleed onto the squares.
Do not bleed onto the rectangular section.



The collection card is designed to separate your whole blood into serum.

Do not smear the card.
Do not wipe the card.

Red blood must reach the 1st line.

HELP

833-416-6816

Feeling nervous? We're here to help. Call or text us, and we'll personally walk you through your test.



Scan the QR code or visit:
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Smarter health at your fingertips

