

Convenient

Simple

Fast

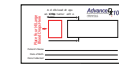


Important: Read Before Starting

Scan the QR code now to register your kit before collecting your sample.

Things to do before you collect your sample?

- Remember hydrated people receive the best collection results.
- See barcodes in your kit. Place one barcode on the back of collection card(s), one on the outside of the foil return bag, and one on the outside of the box.
- Scan the QR code with your phone camera, watch the instructional video, and fill out the form to register your kit.
- Stay Relaxed! This process is simple and will only take a few minutes to collect your sample. Your sample will need to dry for 60 minutes before inserting into the shipping return pouch.



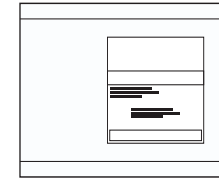
Collection Card



Lancet (3x)



Alcohol Pad (2x)



Pre-paid Return Envelope



Bandage (2x)



Barcode Labels



Blood Sample Return Bag



Bio-disposal Bag

Here's what's in your kit.

FAQs

You've got questions, we've got answers.

Does collecting my sample hurt?

You'll feel a quick pinch. Most people tell us that it doesn't hurt, but everyone is different. You can do this!

What do I do if I'm not able to fill up the card with blood?

Use the extra lancet to prick a different finger to fill up the card. If it takes a while to collect your sample, don't worry! Everyone is different.

Does my blood sample expire?

Your sample expires in 3 - 4 weeks. You do the sample collection on your own time so when you feel relaxed and ready to do it, go for it!

When will I get my results?

Approximately 3 - 4 days. Once we receive your sample we will process it. You will receive an email when your results are available.

Still have Questions about how or when to collect your sample?

Go to register.novalynnfertility.com to watch the instructional video or contact us at (877) 936-9070



Visit our website to watch a video with detailed instructions and register your kit if you are not able to scan your QR code. register.novalynnfertility.com

SCAN THE QR CODE ON THE BACK OF YOUR KIT WITH YOUR PHONE CAMERA.

Let's get started →

Read all of the instructions first so you know what to expect.

1. Smile! This process is easy and will only take a few minutes to collect your sample.

- Place the collection card on a clean, dry surface like a desk or counter.

- Write your name, date of birth and date of sample collection on the lines at the bottom of the card.

- Wash your hands in warm water and air dry completely.

- Stand up and rub your hands together rapidly for at least 15 seconds to increase blood flow.

- Unwrap the **bandage** and set aside. Open the **alcohol pad** and clean the tip of your ring or middle finger on your non-dominant hand (if you write with your right hand, your left hand is non-dominant). Let your finger air dry for 10 seconds.

2. Prepare for your finger poke.

- Remove the protective tip from the lancet – twist the blue cap and pull.

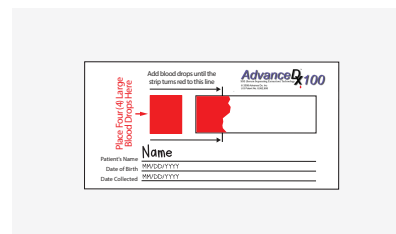
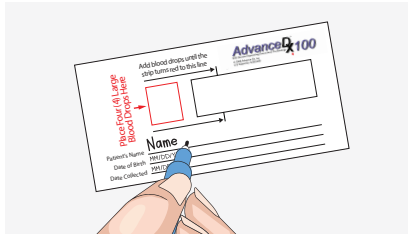
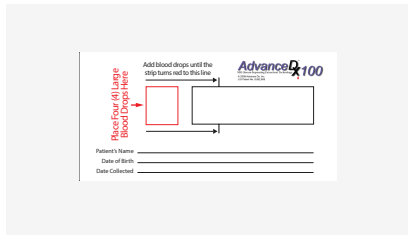
- Make sure the “BD” on the white end of the lancet is right side up (see image).

- Place your hand against a table or other firm surface palm up.

- Place the tip of the lancet slightly off center against the bottom pad of your finger (circled above).

- Hold the lancet steady and press down firmly until you hear a *click* then release after 1-2 seconds.

- Stay standing and allow the first small drop of blood free fall on a clean tissue.



3. Add a few drops of blood to the card Stretch your arm down towards the table (gravity is your friend!) and, without touching your finger to the card, allow drops of blood to fall freely onto the box on the first card.

- Place 4-6 large drops in the square to the left, or as many as it takes to fill the card past the first line. It may take several minutes to get enough blood. It helps to massage your lower arm with your opposite hand.

- **If your blood doesn't flow down the strip past the first line on the card, our lab will not be able to analyze your sample.**

- If you weren't able to fill up the card with one prick, repeat above steps and give a new finger a prick with the extra lancet.

***If your kit contains two blood cards and two transport return pouches, please repeat steps 1-3.**

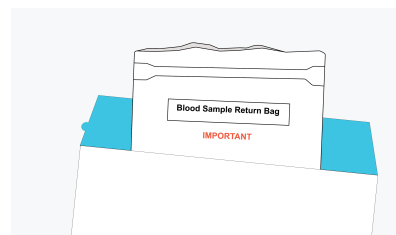
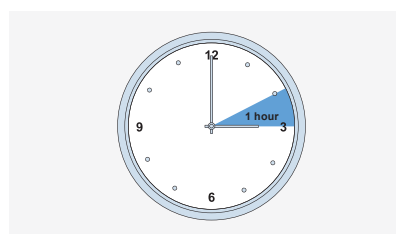
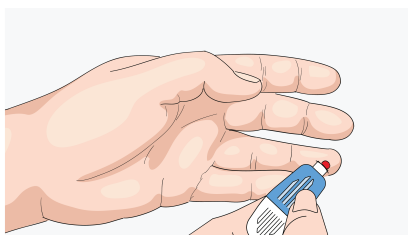
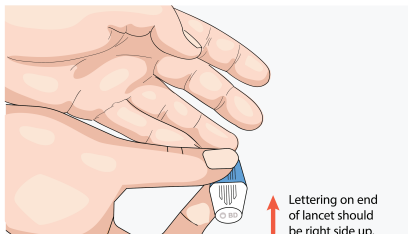
4. Awesome! Now send it our way

- Once the card is full, apply the bandage and apply firm pressure for 30 seconds. Take the used lancet and all other left over materials and discard in a proper container. Let the collection cards dry for 60 minutes.

- After 60 minutes, tear open the blood sample return pouch. Don't remove any of the contents inside. Place the card inside the bag and seal. If a patient requisition is included in your kit, fill out the requisition form and include it inside the box.

Do not place anything inside bag with your blood card.

- Place blood sample return pouch into the provided return shipping mailer.
- Print or Download Prepaid Shipping Label from the registration site: register.novalynnfertility.com
- Drop off Mailer at your nearest Shipping Carrier location the same day as collection.



Questions: Please call (877) 936-9070 or email support@healthcheckdx.com