

Blood Collection Kit Instructions

Remember to fast for 6 hours prior to collection

PLEASE READ INSTRUCTIONS COMPLETELY
BEFORE STARTING BLOOD COLLECTION

12

1 BEFORE YOU BEGIN

A Check the contents of your kit. Your kit should include:

- (1) Instructions
- (2) Alcohol swabs
- (2) Adhesive bandages
- (2) Lancets
- (1) Sealable biohazard bag
- (1) Desiccant pack
- (1) Return shipping label
- (1) Blood collection device (5 strips in holder)

If you do not have all of the above listed components, please contact PanoHealth, Inc.

B To ensure that the results of your wellness assessment are accurate, **do not eat or drink anything for 6 hours prior to blood collection.** We recommend that you start your fast in the evening and collect your blood the following morning. After the sample is collected, you can resume your normal diet.

23



2 COMPLETE THE QUESTIONNAIRE

Please fill out the Questionnaire form online at:

www.panohealth.com/register.php

- A** If you have not done so already, register to create a username and password for your profile
- B** Once you have logged in, go to the 'Customer Area' on the menu and click the 'Questionnaire' tab
- C** Click 'Begin New Questionnaire' and fill out the form. Be sure to input the serial number found on the inside lid of the blood collection kit box or on this instruction manual
- D** Once the form has been entirely filled out, click submit. Please submit the complete form before mailing the blood sample back

Use this QR code to view the instructional video on the PanoHealth website for additional detailed information on how to collect your blood using this kit



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3 PREPARE FOR BLOOD COLLECTION

- A** Remove kit contents from box
- B** Open blood collection device exposing the 5 strips (**do not touch or attempt to remove the strips**)



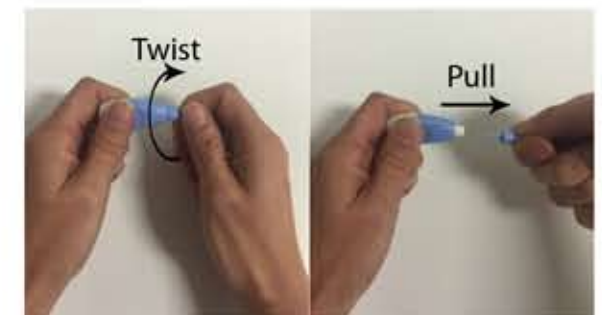
- C** Wash hands with hot water
- D** Stimulate blood flow by shaking your hand for 15-20 seconds and then sit down

56

4 CREATE FINGER PUNCTURE

STOP Have you had any food or drink? If yes, do not continue (See step 1B)

- A** Remove the cap from the lancet by twisting off the blue tab and pulling straight out



- B** Choose a finger (typically the ring or middle finger of your non-dominant hand)

4 CREATE FINGER PUNCTURE, CONT.

C Clean the chosen fingertip with an alcohol swab



D Let fingertip dry completely

E Place the cleaned finger against a hard surface and press the lancet down on the middle of your fingerpad to puncture the finger



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5 SAMPLE COLLECTION

A Create a large drop of blood by gently massaging the punctured fingertip

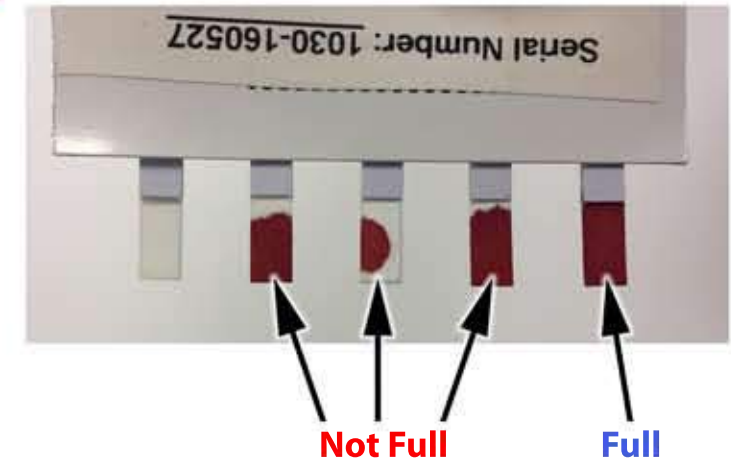
B Touch the blood collection device to the blood drop until it is absorbed. Remove the device and gently massage the finger to create another drop of blood and **repeat until the blood disappears from view on the strip**. Repeat for all 5 collection strips.



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5 SAMPLE COLLECTION, CONT.

C Make sure all 5 collection strips are full



If blood stops flowing before all 5 strips are filled and massaging hand and finger does not stimulate blood flow, use the extra lancet to puncture another finger starting with step 4

5 SAMPLE COLLECTION, CONT.

D Once all strips have been filled allow the blood collection device to dry for at least 2 hours (*the device can be left to dry for up to 1 day*)



E Clean punctured fingertip and bandage with supplied adhesive bandage

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6 RETURN KIT TO PANOHEALTH

A Close the blood collection device

B Place the closed blood collection device **and desiccant pack** into the sealable biohazard bag and close securely. Keep package cool and dry until shipping



C Place the sealed bag back into the kit box. Place the included prepaid return label on the kit box over the current mailing label. Remove the strip covering the adhesive on the inside of the box lid and seal the box. Place in a FedEx drop box or take to a FedEx Storefront. **Do not put in drop box if temperature is greater than 77°F. Avoid leaving in vehicles and FedEx drobox for extended periods of time**

11 12

HAVE A QUESTION?

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