

Collection card instructions

Important: Watch video instructions

You are required to activate your self-collection materials before collection. Specimens returned without activation will not be tested or result.

Locate your activation card and visit **VanityPlaceholder.com** to complete activation.

Before you begin, view the video demo. Visit QuestForHealth.com/Collection-Card or point your smartphone camera at the QR code below.

**If you don't follow these instructions,
you may not get any results.**



Please note:

- Enclosed materials can only be used by the person for whom the test was ordered. If anyone else uses the test, it will be deemed invalid and no results will report
- Keep others from coming into contact with your blood
- Keep out of reach of children
- If you feel faint or dizzy, sit down. If you feel ill, contact your doctor
- Read all instructions before starting. If you don't follow these instructions carefully, you may not get any results
- Confirm your specimen card is labeled with a barcode. If it is not, please call the Service Center at 1.855.883.1515
- If you have more than one set of collection materials, each requires separate activation

1 **Plan to fast before collection, and stay hydrated.**

It's best to perform this collection after fasting for 8-12 hours. This is easiest to do first thing in the morning, before you eat or drink anything other than water, and before taking any regular medications.

It helps to be hydrated before performing the collection. Drink 1-2 glasses of water the night before, and 1-2 glasses of water at least 30 minutes before collection.

2 **Activate your self-collection materials.**

Refer to the self-collection activation card to learn how. The lab cannot process your sample if you do not complete this online activation.

You will be prompted to enter your biometric measurements during this process so please have these available. Refer to step 3 for more detailed biometric measuring instruction.

- Visit VanityPlaceholder.com and follow the prompts to complete the self-collection activation process
- When prompted to enter your activation number, ensure you enter the number below the barcode on the activation cardthe barcode on the registration card

3 Measure your blood pressure.

If provided in your materials, please refer to the instructions in the blood pressure cuff package insert.

If required, also measure your hips and/or waist with the tape measure provided. Enter this measurement online as directed.

4 Get collection items ready.

Place items on a clean, dry surface and confirm you have everything below.

- Alcohol prep
- Gauze pad
- Lancets (2)
- Bandage
- Tape measure
- Collection card
- Blood sample return bag
- Return mailer envelope
- Blood pressure cuff package (only included if required)

Important: If you are missing any items, call 1.855.883.1515.

1 When you're ready to begin collection, remove any rings from fingers and wash your hands using warm, soapy water.

Warm hands improve blood flow. You can leave hands under running water until they are warm, then dry thoroughly.

2 Choose a finger and clean with alcohol prep pad.

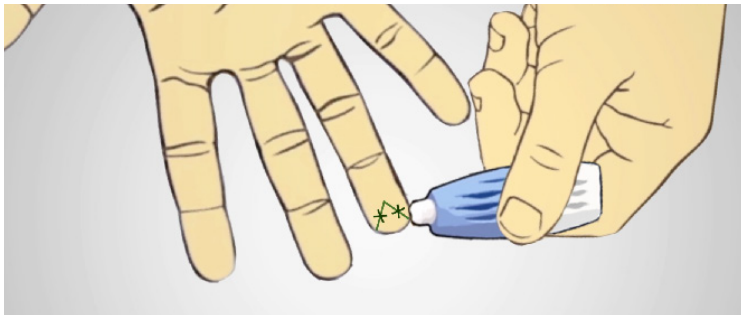
- Select a finger with no calluses, numbness, or bumps
- Use alcohol prep pad to clean fingertip and allow to air dry

3 Remove the cap of the lancet by gently twisting and pulling.



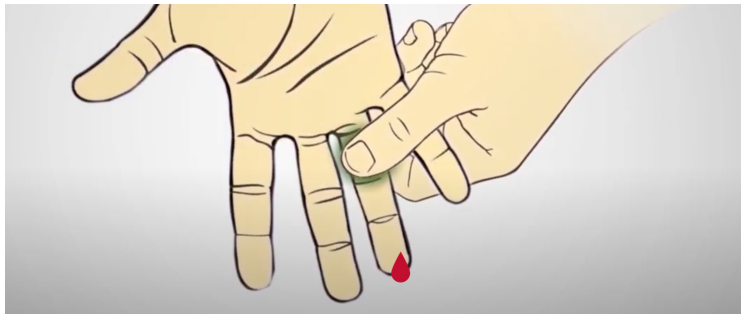
4 Hold the lancet horizontally on fingertip, to the left or right of the center.

See Xs on image for proper placement. Be sure you have proper placement before applying any pressure.



5 When ready, press lancet firmly against fingertip and do not release until you hear a click.

- 6 To help blood flow, lightly massage your finger downward, starting from the base and stopping before you reach your middle knuckle.



Important: When you massage your finger, you must do so gently. Do not squeeze the knuckle. Squeezing too hard can damage blood cells and render collection card invalid.

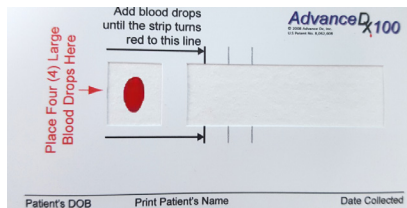
7 Use gauze to wipe away the first drop of blood.

8 Lightly massage finger again, starting from the base and stopping before your middle knuckle, until the next drop of blood appears.

- Remember to avoid squeezing, especially around the knuckle near your fingertip
- If needed, stand up and make sure your hand is below your heart to help

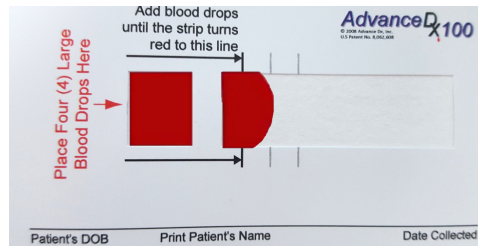
9 Let this droplet fall freely into the small square on your collection card.

Do not dab your finger on the card.



10 Continue to let blood droplets fall freely into the small square until blood has reached the specified line of the large rectangle.

- This usually takes 4 to 5 large drops of blood
- This may take up to 1 minute or longer
- Do not place blood directly in the rectangle. The droplets from the square will be absorbed and will naturally move into the rectangle



When filled correctly, your card should look like this.

Important: If your card looks like any of the images at right, you have made an error and may not receive any results. Call 1.855.883.1515 to request new materials.



Underfill

Overfill

Hemolyzed

(squeezed too hard)

- 11** Once your collection is complete, press the sterile gauze on your finger until the bleeding has stopped.
- 12** Allow the collection card to dry for 30 minutes without exposure to direct sunlight.
- 13** If more than one collection card was included in your screening, complete these steps for each card.
 - You may need to use the second lancet and a second finger for additional cards
 - Note that each lancet can only be used once and should be discarded after use

- 1 Open the blood sample return foil pouch at the notches marked on the package.**
Do not remove the items from inside the foil pouch as they are required for proper testing.
- 2 Place your dried collection card inside the foil pouch, and seal the foil pouch.**
- 3 Place the foil pouch inside the prepaid return envelope.**
- 4 Ship your specimen by FedEx the same day you collect it. Samples not returned promptly will not be processed.**

FedEx drop boxes and retail locations can be found at [FedEx.com/LabReturns](https://www.fedex.com/LabReturns)

Getting your results: Your results should be available online within 7-10 business days of the sample being received at the lab.

Authorization statement: By mailing your sample, you agree to have your sample tested at a clinical laboratory. Your employer will not receive your individual information.

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