

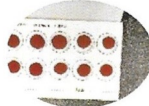
PLEASE WATCH BLOOD COLLECTION VIDEO AT WWW.AYUMETRIX.COM

Please Note: Sample should be collected within the first 30 minutes of waking in the morning. Fasting for 10-12 hours without any food or drink except water is required if testing for lipids and other cardio health markers.

Important Tip: Rub hands together/ swing arm and gently massage your forearm with the other hand to encourage blood flow before nicking finger.



1. Please watch blood collection video at www.ayumetrix.com
2. Wash your hands under warm water and dry with a clean towel.
3. Verify kit contents and place them on a flat surface like a table (preferably below your waist level). Open the top flap of the blood collection card and keep it straight on the table. Write your name, collection date and time in the provided space on the card.
4. Clean outer edge of middle and/or ring finger of your non-dominant hand with alcohol wipe and allow to dry for 20-30 seconds.
5. Position finger over printed circle of blood spot card and gently massage the entire length of finger to form a large, hanging blood drop. Do not squeeze too hard.



6. Touch the hanging blood drop to the center of the circle (one large drop per circle) without touching finger to the collection area inside circle. DO NOT OVERLAP BLOOD DROPS ON THE SAME SPOT.
7. Continue collecting blood drops until all the circles are filled. If you are unable to get sufficient blood, repeat from step 2 using a different finger and the second lancet provided in the kit.
8. After blood collection is complete, gently press the gauze pad to stop bleeding and apply bandage.
9. Leave blood spot card open to dry for a minimum of 30 minutes. After drying, close the top flap and place the card into the aluminum pouch with desiccant pack and seal. Place the sealed pouch in the refrigerator until you are ready to mail.
10. Place the sealed Aluminum pouch/ Biohazard bag into the return mailing envelope along with the completed test requisition form and mail it to Ayumetrix.