

- 9** When you have filled all circles on the blood spot card, blot finger/s dry with the sterile gauze pad and apply a plaster.
- 
- 10** Allow the blood spot card to dry for a minimum of four hours. Once dry, place the card into the supplied resealable bag. Store in a cool, dry place until ready to ship.

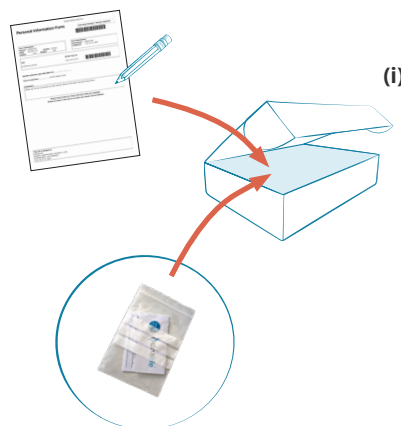
Shipping Preparation

When to schedule your shipment

Ship your sample as soon as possible. Preferably within 48 hours of collection. You can ship any day of the week.

When you are ready to ship

- Ensure that you have provided the following information:
 - » Blood Spot Card(s): make sure that you have filled out all information on the front of the card.
 - » Personal Information Form: make sure the form is completed.
- Prepare your shipment:
 - » Place the resealable plastic bag containing your samples along with the completed Personal Information Form into the supplied box. **(i)**
 - » Place the box in the return shipping bag and ship (see Shipping Instruction).



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V03EN0726



Welcome to your test kit

You have chosen to do a TruAge ^{and/or} TruHealth test from Nordic Laboratories, which will provide information to help you on your personal health journey.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on **+45 33 75 10 00 / +44 (0)1580 201687** or email **info@nordic-labs.com**

Check your kit

In this kit you will find all the materials needed for your collection. Your test results will be released to you approximately three weeks after we have received your sample.

Shipping materials

- 1 x Box containing the collection kit **(a)**
(keep this box for returning your samples)
- 1 x Shipping instructions & materials
- 1 x Personal Information Form **(b)**

Collection materials

- 1 x Blood Spot Card **(c) ***
- 2 x Lancets **(d)**
- 2 x Plasters **(e)**
- 2 x Alcohol prep pads **(f)**
- 1 x Sterile gauze pad **(g)**
- 1 x Resealable plastic bag **(h)**



*** Please check the expiry date of the bloodspot card.**

If any items are missing or expired, please email **testkits@nordicgroup.eu** (this is for kit queries only).

Start here

Please read the instructions carefully and follow them step by step.

Please note: If the collection instructions are not followed carefully, it may lead to a delay in the results or re-collection which will involve further costs.

Preparation

Provide the following information

Personal Information Form: Verify that Name, Sex, and Date of Birth are correctly stated.

Prior to collection

For best results, we recommend taking this test on an empty stomach (fasted) and around the same time of day as any previous or future tests. This consistency helps ensure that your epigenetic insights remain as accurate and comparable as possible over time.

When to schedule your collection

You can collect your sample on any day of the week and at any time of the day.



Test instructions in other languages may be available - scan QR code



Scan the QR code or visit nordicvms.com/bloodENG for a video about how to collect your sample

How to Collect

Tips for a successful sample collection

- Do not touch the filter paper area with your hands.
- Collect only when your hands are warm. You can warm your hands by rubbing them together and swinging your arms, or rub your hands under warm water as this encourages blood flow. Moving around will also increase your blood flow, so try moving around before starting your collection.
- You may use a belt or item of clothing as a tourniquet to encourage blood flow. Tie item firmly around the upper portion of the arm that will be used for collection.
- Preferably stand up and keep your hand at waist level during collection, this will encourage blood flow.
- Allow the blood to drop from your finger onto the card, try not to touch the blood onto the circles.
- Collect enough blood so that ALL circles are completely filled.
- DO NOT add additional blood to the circle once it is complete or dry. "Layering" blood will invalidate the collection.

Sample Collection Acceptability Guide



ACCEPTABLE COLLECTION CARD EXAMPLE



UNACCEPTABLE COLLECTION CARD EXAMPLE

Specimen Collection Procedure

- 1 Write your full name, date and time of collection on the front of the blood spot card(s). Also note date and time of collection on the personal information form.



- 2 Before collecting blood, wash and dry your hands with a clean towel and open the sterile gauze pad for later use.



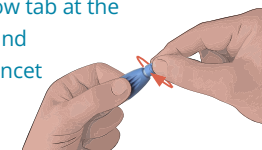
- 3 Position the blood spot card on a suitable surface (below waist level) so that the collection circles are facing upwards. Collecting the sample while standing is advised.



- 4 Select a finger to draw blood from (middle or ring finger of non-dominant hand is typically best). Open an alcohol pad and use it to wipe finger. Allow finger to dry for at least one minute.



- 5 Pick up the lancet and hold the thick end. Twist the narrow tab at the opposite end and remove. The lancet is now primed.



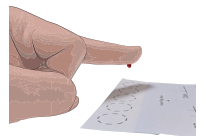
- 6 Press the now exposed white tip firmly against your fingertip to release the needle. Once the needle is released and has made a small puncture in your finger, it will immediately retract. The lancet is now safe to dispose of. Quickly wipe away the first blood drop with the sterile gauze pad.



- 7 Using your thumb, gently massage (do not squeeze) the entire length of the pricked finger to form blood drop.



- 8 When the blood is ready to fall, let it DROP onto the centre of the circle. Continue collection until ALL circles on the blood spot card have been filled (you may have to repeat from step 4, using another lancet on another finger). Blood drops must saturate through the collection card. Avoid applying overlapping bloodspots as this can lead to sample rejection.



DO NOT touch the finger to the collection card, let the blood drop on to the circle.

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