

# Important Reminder

Be sure to complete these 3 steps before mailing your kit.

## Register kit



## Fill out card



## Provide enough blood



Visit [www.everlywell.com/register](http://www.everlywell.com/register) and complete your registration.

The lab **can only** process your sample if you:

- register your kit
- fill out the collection card
- provide enough blood

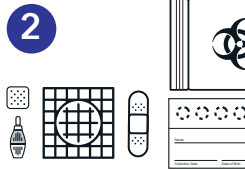
# Sample Collection Instructions

Fill each circle completely with blood drops one after another, and be sure to let your collection card dry for 30 minutes. Do not go back to add more blood after your sample has dried.



## 1 Watch video

For best results, watch our collection video at [everlywell.com/collect](http://everlywell.com/collect) before you start.



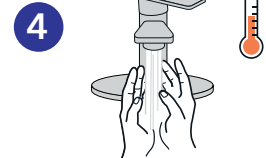
## 2 Prep your space

Open the gauze pad and bandage.



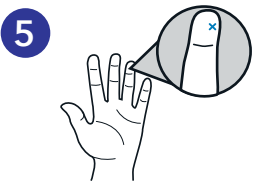
## 3 Fill out card

Write your name, collection date, and your date of birth on the card. Write the same name you used to register your kit.



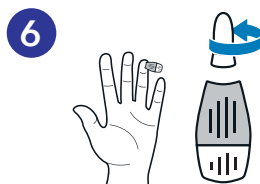
## 4 Warm your hands

**It's essential to get your blood flowing before you collect your blood sample.** Do this by warming your hands with hot water for at least 1 minute, and then shaking them at your sides for 15-20 seconds.



## 5 Choose a finger

Find a spot on the right or left side of your ring finger. Clean the area using the alcohol prep pad.



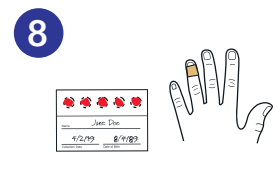
## 6 Use lancet

Twist the top off the lancet to open it, then press the lancet down on your finger to puncture the skin. Once your finger is punctured, wipe away the first drop of blood with the gauze pad. Use the extra lancet if you need more blood.



## 7 Drip blood

Drip blood into each circle, fully filling each one before moving to the next. **Do not touch or tap on the collection card; let blood drip from your finger.**



## 8 Check card and clean up

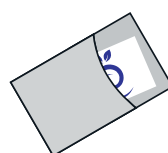
**Make sure each circle is fully filled and that your blood soaks through the back of the card.** Apply bandage. Let card air dry for at least 30 minutes. You did it!

# Return Instructions

Double check you registered your kit and completed your collection card. **Your sample cannot be processed if either of these steps is skipped.**



Once your sample is dry, put it inside the biohazard bag and place it back into the box (keep the silica gel packet in the biohazard bag).



Place the box in the return envelope using the shipping label provided inside the box. You're ready to ship!



What's next? →

# Need help? We're here.

Read answers to frequently asked questions or contact our team for support.



[support.everlywell.com](https://support.everlywell.com)

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[everlywell.com/orders](https://everlywell.com/orders)

Check the status of your order any time by going to

**3.** We'll email you as soon as your results arrive.

**2.** A board-certified physician will review your results and securely transmit them to us.

**1.** Once your kit is received, the lab will process your sample, assuming it passes all quality checks. We'll contact you if there are any issues.

## What's next?

# Thyroid Test

## Instructions

Your kit includes:



Alcohol prep pad



Collection card



Lancets



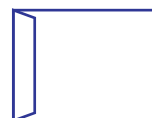
Biohazard bag



Gauze pad



Bandage



Return envelope



Return label

Questions?  [support.everlywell.com](https://support.everlywell.com)