

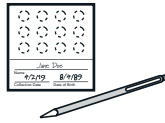
# Important Reminder

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

Questions?  
support.everlywell.com  
contact@everlywell.com  
855.422.3855

IS-EVW-PE-P005

Check the status of your order any time by going to [everlywell.com/orders](http://everlywell.com/orders)

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?

# Perimenopause Test

## Instructions

### Your kit includes:



Alcohol prep pad



Collection card



Lancets (x2)



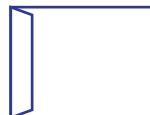
Biohazard bag



Gauze pad



Bandage



Return envelope



Return label



Lab Form

# Collection Timing

Please collect sample on the specified day below for optimal specimen quality:

**COLLECTION:** If you are still menstruating, collect on **day 3 of your menstrual cycle** (day 1= first day of period) Collect blood spot : fill all circles on the collection card.

\* If you have somewhat irregular cycles, wait until day 3 of your next menstrual cycle.

\* If you have a menstrual cycle 1-3 times a year, collect at any time.

\* If you have no menstrual cycle, collect at any time.

# Hormone User's Guide to Blood Spot Collection

We do not recommend collecting the sample if you currently take hormones of any kind. If discontinuing hormone therapy, we advise waiting 6 weeks until collecting your sample. The list below shows medications and supplements that may affect test results but it is not intended to be a comprehensive list of all medications, including hormonal therapies, that may affect your results. Please consult with your healthcare provider if you have questions about how your medication may affect test results.

**PRESCRIPTION:** Mirena IUD, Skyla IUD, Kyleena IUD, Nexplanon, Combined Oral Contraceptive Pills, Progestin Only Oral Contraceptive Pills (MiniPill), Combined Hormone Replacement, Progestin Only Hormone Replacement, Estrogen Only Hormone Replacement (including vaginal), Spironolactone

**OVER-THE-COUNTER:** Soy Supplements, Chasteberry, Red Clover, DHEAS, Thyroid Supplements

# Sample Collection Instructions

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



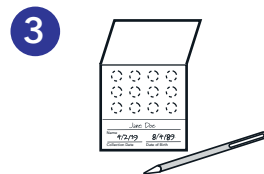
## 1 Watch video

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



## 2 Prep your space

Open the gauze pad and bandage.



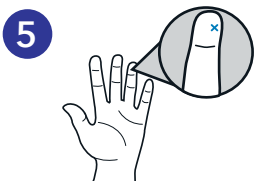
## 3 Fill out card

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



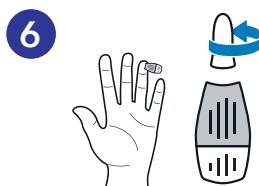
## 4 Warm your hands

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



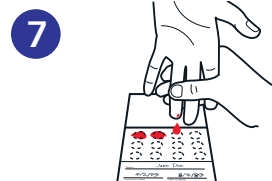
## 5 Choose finger

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. Use the extra lancets if you need more blood.



## 7 Drip blood

**Without touching the card,** allow large drops to form and fall into every circle on the collection card. Do not touch or tap on the collection card.



## 8 Check card and clean up

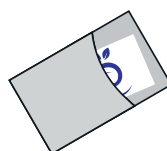
**Make sure each circle is fully filled and that your blood soaks through the back of the card.** Apply bandage. Leave card out for at least 30 minutes until it's completely dry.

# 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? →