HealthieOne

What's in the Box?



1 Styrofoam Box containing

2 Cold Packs
to keep your samples cool during shipping



3 Tubes in a Sample Bag
to contain your blood samples



1 Mailing Bag with **Pre-Paid Shipping**
to ship your samples to us

HealthieOne tests are created and provided exclusively by Gigantest, a global leader in Metabolomics technologies, trusted by diverse organizations worldwide: universities, government agencies and companies.

JOHNS HOPKINS MEDICINE · MAYO CLINIC · TULANE UNIVERSITY School of Medicine · NIH

Laboratory Standards You Can Trust

HIPAA COMPLIANT · CAP ACCREDITED College of American Pathologists · CLIA Certified

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HealthieOne™ patent-protected protocols.

HealthieOne™ Complete

Health Test Instructions

for blood collection by phlebotomist

Please read
all of these instructions
at least 4 days before
collecting blood samples

How It Works

SCAN ME

1. **At least 4 days in advance,** follow the preparation steps at healthieone.com/prepare.
2. Before test day, **follow the steps to make an appointment** with a phlebotomist and **prepare.**
3. **Have your blood drawn** by the phlebotomy service of your choice. They will handle the return shipping too.
4. We will process your samples and **send you an email when your results are ready.**

Before test day: Important prep steps for you

Please perform these steps **before** blood sample collection.

SCAN ME

At least 4 days in advance, follow the preparation steps at **https://healthieone.com/prepare**.

Then, schedule a phlebotomy appointment (Mon-Wed only)

Independent phlebotomists across the country are available to collect samples for HealthieOne. Visit **healthieone.com/phlebotomy** to find phlebotomists near you.



Place both provided cold packs in a freezer for a minimum of **12 hours** prior to collecting blood.

Keep the clear elastic band.



SCAN QR CODE

Create your account and register your kit on HealthieOne.com anytime before blood collection: takes less than 10 minutes.

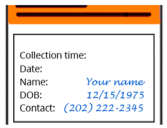


Ensure your blood collection day is Monday through Wednesday only and ensure that the day of and the day after collection are not holidays.



Fast for **at least 10 hours** overnight prior to collecting blood.

No food or beverage but drink water



Write your name, date of birth and contact info (phone or email) on the return sample bag label. Leave date and time blank.



At your phlebotomy appointment, **give all items in this kit to your phlebotomist**, including the frozen cold packs and these instructions.

Instructions for Phlebotomist on test day

Per our agreement with your organization, we request the following services:

1 **Blood Collection into TWO (2) tubes** - *provided*

One (1) **SST** (taller gold-top) tube

One (1) **EDTA** (lavender-top) tube



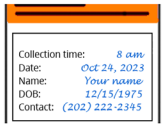
2 **Invert both tubes 10 times and wait for 30 minutes**

a. **Centrifuge the SST tube** at 1400 x g (RCF) for 10 minutes.

b. Insert the third (shorter gold-top) tube into the SST tube and **transfer the serum to the shorter tube by inversion.**

3 **Ship the samples the same day** using the FedEx prepaid envelope

A



Record collection date and time on the return sample bag label.



Place the shorter gold tube and lavender tube in the sample bag and press to seal. Leave absorbent pad inside the bag.

B



Place the sample bag containing the 2 tubes **alongside the frozen cold packs inside the Styrofoam box**, close box with its lid and secure lid with clear elastic band.



Insert the closed Styrofoam box into the **FedEx prepaid envelope** and seal it.

C

FedEx Office

Hand your package to a FedEx clerk at a **FedEx Office or FedEx Ship Center only** (**not** a FedEx OnSite or other FedEx drop-off point) **before their cutoff time.**

fedex.com

Last pickup time varies by location, so please check it for your location.

Note: tubes are **intentionally light suction** as we do not need much blood.

Need help? Live Chat with us for instant help