

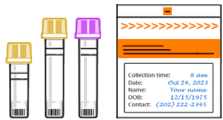
What's in the Box?



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.



TULANE UNIVERSITY
School of Medicine



Laboratory Standards You Can Trust



Health Test Instructions

for blood collection by phlebotomist



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



SCAN ME

How It Works

- 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.

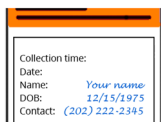


Ensure your blood collection day is **Monday through Wednesday** only and ensure that the day of and the day after collection are not holidays.



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

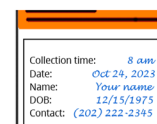
Invert both tubes 10 times and wait for 30 minutes

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



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

