



## What's in the Box?

This HealthieOne kit for at-home blood sample collection includes:



- 2 Blood Collection Devices**  
for easy and painless blood collection



- 2 Alcohol Pads**  
to prep the collection area (arm)



- 2 Bandages**  
to cover the tiny collection marks



- 2 Heat Packs**  
to increase blood flow to the area



- 1 Styrofoam Box** containing  
**2 Cold Packs**  
to keep your samples cool during shipping



- 2 Sample Tubes in a Sample Bag, and a Paper Sleeve**  
to contain your blood samples



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

⚠ *Not included in kit:  
timer, mirror and razor*

## Tips

- **Warm up and hydrate before blood collection:** warm arms and good hydration significantly improve blood flow and collection success.
- **Tap the device immediately and continuously:** tapping prevents the first and the next drop from sealing the cut. If you wait, blood can clot and stop flowing.
- **Tap the device body, not the tube,** while periodically checking that the tube stays firmly attached.
- **A small cut is normal:** if the device makes a cut on your skin, it is working exactly as designed.
- **No blood collected ≠ defective device:** sometimes blood flow is insufficient due to individual factors (hydration, circulation, warmth), not a faulty device.
- **In some individuals, blood coagulate quickly even with perfect technique.** This is biology, nobody's fault.
- **If collection fails:** we will send you a free phlebotomy kit so a professional can draw your blood. Please keep all shipping materials and the unused device. Scan this code if you had trouble with blood collection.



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



Laboratory Standards You Can Trust



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HealthieOne™ patent-protected protocols.



## Health Test Instructions



**Please read**  
all of these instructions  
at least 4 days before  
your blood collection day

## How It Works

- 1** At least 4 days in advance, follow the preparation steps at [healthieone.com/prepare](https://healthieone.com/prepare).
- 2** Follow the steps in this manual to prepare materials and collect your 2 blood samples.
- 3** Send your blood samples in the provided Styrofoam Box using the prepaid envelope.
- 4** We will process your samples and send you an email when your results are ready.



SCAN ME

## Before test day: Important prep steps

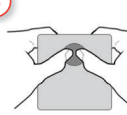
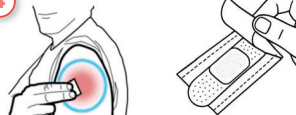
At least 4 days in advance, follow the preparation steps at [healthieone.com/prepare](https://healthieone.com/prepare).

The night before your blood sample collection, perform the following steps:

|                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                      |                                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>Place both provided cold packs in a freezer for a minimum of 12 hours prior to collecting blood.</p> <p>Keep the two clear elastic bands.</p> |  <p>SCAN QR CODE</p> <p>Create your account and register your kit at <a href="https://HealthieOne.com">HealthieOne.com</a> anytime before blood collection: takes less than 10 minutes.</p> |  <p>OVERNIGHT DELIVERY</p> <p>Collect your blood <b>Monday through Wednesday only</b> and ensure that the day of and the day after collection are not holidays.</p> |                                                                                                                                                    |
|  <p>Fast for at least 10 hours overnight prior to collecting blood. No food or beverage but <b>drink water</b></p>                                 |  <p>Get additional items needed, not included in the kit: timer, mirror and razor.</p>                                                                                                      |  <p>Read this entire instruction manual before starting blood collection.</p>                                                                                       |  <p><b>Need Help?</b><br/>Live Chat with us for instant help.</p> |

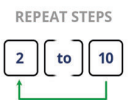
## On test day: Collect your blood in the morning

Any day from Monday to Wednesday, if your ice packs are frozen, you have registered your kit, and you have fasted for at least 10 hours: You are ready to collect your blood.

|                                                                                                                                                                                                                          |                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                     |
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|  <p>In the morning, after fasting for 10 hours (no food or beverage, but <b>do drink water</b>), get started by washing your hands.</p> |  <p>Device will be placed on upper arm. If needed, remove excess hair on arm. (razor not included)</p> |  <ul style="list-style-type: none"> <li>Remove the blood collection device from its sealed cover.</li> <li>Twist and pull off the cap from the taller pink tube. <i>Note: you will repeat these steps with the gold tube later.</i></li> <li>Press tube into device firmly until snug.</li> </ul> |
|  <p>Bend metal disc back and forth in the heat pack to activate it.</p>                                                                |  <p>Press heat pack on upper arm for 4 minutes to warm and increase blood flow.</p>                   |  <p>Clean upper arm with alcohol pad and allow to dry.</p> <p>Remove backing to expose the adhesive side of the band-aid, and place it within reach, adhesive side up.</p>                                                                                                                       |

## On test day, continued...

Continue blood collection.

|                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>Peel back cover of the blood collection device and stick the device to the alcohol-cleaned, heated area of your arm.</p>                                                                                                   |  <p>Remove the clip from the device to expose the red button.</p>                                                                                                                                                                                                          |
|  <p>FIRMLY press down vertically on the red button. An audible click will be heard and the red indicator will turn green.</p> <p><b>Immediately tap device (not tube) with a pen continuously to stimulate blood flow.</b></p> |  <p>Start a 5-minute timer and <b>continue tapping the device with a pen. Do not tap the tube.</b></p> <p>Check periodically that the tube is staying firmly attached.</p>                                                                                                 |
|  <p>Remove device at 5 minutes or sooner if blood reaches the top line on the tube. Do not overfill. Use mirror to see.</p>                                                                                                    |  <p>Place band-aid on blood collection site.</p> <ul style="list-style-type: none"> <li>Remove tube from device with a slight twist and pull down.</li> <li>Snap cap fully onto tube until an audible click is heard.</li> <li>Immediately invert tube 10 times.</li> </ul> |
|  <p>REPEAT STEPS 2 to 10</p> <p>Repeat steps 2 to 10 using the 2nd heat pack, 2nd device and the 2nd tube (gold cap) on your other upper arm.</p>                                                                            |  <p>Make sure you have collected enough blood:</p> <p>600 mark line on gold tube</p> <p>500 mark line on taller pink tube.</p>                                                                                                                                           |

## Ship your blood samples to our laboratory

It is important to ship your blood tubes on the same day as collection, Monday through Wednesday only.

|                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <ul style="list-style-type: none"> <li>Record collection time, date, your name, date of birth and contact info on return sample bag label.</li> <li>Place <b>both tubes</b> in the sample bag and press to seal. Leave absorbent pad inside the bag.</li> </ul> |  <ul style="list-style-type: none"> <li>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 bands.</li> <li>Insert the closed Styrofoam box into the prepaid envelope.</li> </ul> |
|  <p>Hand your package to a FedEx clerk at a <b>FedEx Office or FedEx Ship Center only</b> (not a FedEx OnSite or other FedEx drop off point) before their cutoff time.</p>                                                                                       |  <p>Last pickup varies by location, so check the time.</p>                                                                                                                                                                                                                                   |