

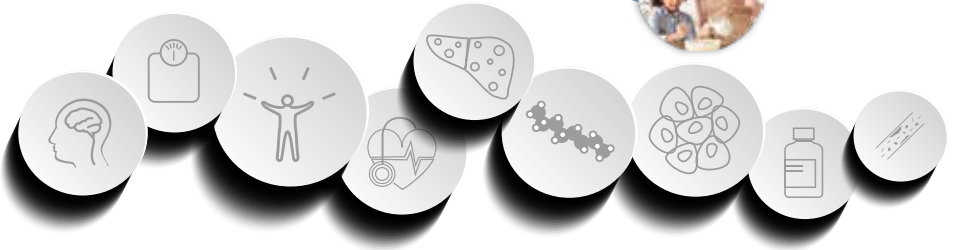


Bio Healthcare
Hub™

Predictive & Preventative Healthcare Testing

Instruction for your DNA test

- ✓ Getting prepared to take your DNA sample
- ✓ How to take DNA Saliva sample
- ✓ Activating your test and returning of your sample to the Lab



- ✓ For optimal pickup (Monday - Friday), aim to perform your test between Sunday and Thursday.
- ✓ Read the instructions carefully before using your kit
- ✓ Check that all the contents are in the box
- ✓ Do not open the DNA collection device until you are ready to use your kit

DNA Health Test Kit Contents and What You Need Before You Start

● Before You Start

Please take a few moments to review all steps carefully before beginning your DNA saliva collection. Following these instructions ensures the most accurate results and helps maintain sample integrity.

● Before you begin, make sure you have the following ready:

1. **Do not eat, drink, smoke, chew gum, or brush your teeth** for at least 30 minutes before collection. This **prevents contamination** and ensures a pure saliva sample.
2. **Wash your hands thoroughly with soap and water.** Prepare a **clean, dry, and well-lit surface** to organize your kit materials.

Review Kit Contents

Confirm you have all items included in your kit:



Funnel



Preservative cap

Collection tube with your test barcode

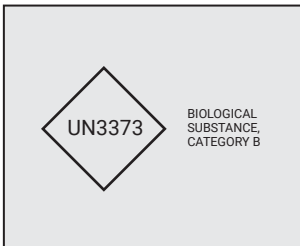
Saliva collection tube

With funnel and preservative cap

First name:
Last name:
Male Female
Patient date of birth:
The test date you did your test:
Time:
Please see back of this card for ID / View your test

Test Request Card

To record your details and match your sample with your online registration.



Return UN3373 Bag

To place your sample inside the courier bag.



Courier bags may vary

Return Mailing Bag or Courier Bag

For sending your sample to the laboratory.

Step 1 - DNA Sample Collection and UN3373 Return to Lab Bag Instructions

Before you Begin

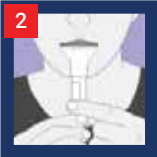


- Each DNA collection tube has a **unique barcode**.
- Write down the **barcode number** clearly and take a photo of it, if possible. You'll need this number when you activate your test and to help us match your sample with your results.

Collecting your DNA Sample



- Remove the **saliva collection tube** and **funnel** from the packaging.
- Ensure the **funnel is securely attached** to the top of the tube.



- Spit **gently into the funnel** until the amount of liquid (not including bubbles) reaches the **fill line** marked on the side of the tube.
- Collect slowly – it may take a few minutes to reach the line.

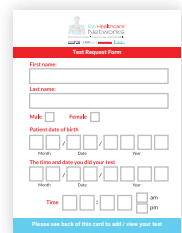
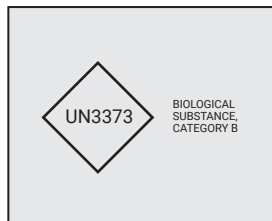


- Hold the tube **upright** and **remove the funnel**.
- **Screw on the preservative cap** tightly until you hear a **click** – this releases the stabilizing liquid into the saliva.



- Gently **invert (turn upside down)** the tube **5–10 times** to mix the saliva with the preservative.
- Do not shake vigorously.

Returning Your Stool Sample



Test Request Form

First name:

Last name:

Male Female

Patient date of birth:

The time and date you did your test:

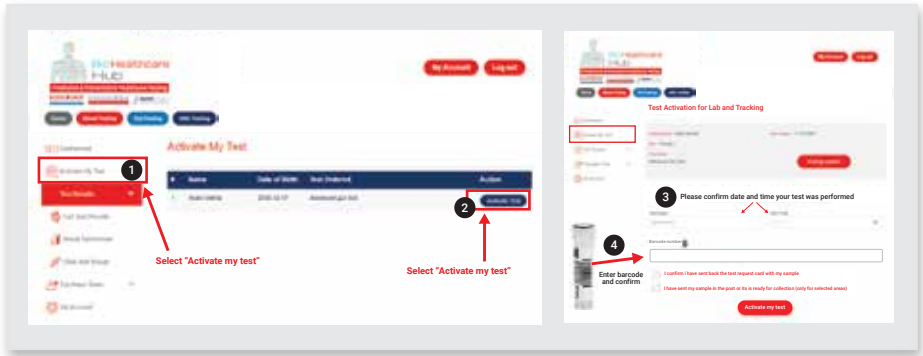
Time: on

Please see back of this card to add / view your bag!

Put the sealed sample collection tube inside the UN3373 return-to-lab bag together with your completed test request card.

Step 2 - Activate Your Test

This step is very important - without activation, we won't be able to trace your sample or send your results.



- **Log in to your BioHealthcare account**, enter the barcode number from your test tube, and activate your test.
- **For further help you can access your support area** to view step-by-step instructions on how to activate your test.

Step 3 - Sending Your Test to The Lab



- **Place Inside the Courier Collection Bag**

Once sealed, put the **UN3373 return-to-lab bag** inside the **courier collection bag** provided in your kit. The appearance of the courier bag may vary depending on your region or return method.

- **Shipping Instructions**

If you are using a courier service: Once your test has been activated online, our team will contact you directly to schedule **pickup and collection** from your registered address.

If you are returning your sample by post: Use the **pre-paid or designated return label/bag** provided with your kit.

For any questions or assistance, please email helpme@customercare.expert.