

Instructions



01 Pre-Collection

02 Collection

03 Sample Return

Video
Instructions



Read through the FULL set of instructions and watch our instructional video BEFORE beginning. To view our video, follow the instructions below:

1. Open your smartphone camera and hold it above the QR code.
2. Click on the link that appears.

Why Samples Fail

Avoid these common mistakes to ensure your sample can be processed by the lab.

- Collecting too little or too much blood. Letting 4–5 large drops fall into the Drop Blood Here square will provide the correct amount.
- Squeezing your finger or applying any pressure near the puncture site.
- Allowing too much time to pass between drops. Each card should take no more than 2 minutes.
- Not elevating heart rate and warming hand immediately prior to collection.

After Card Collection

- 8 Let card dry completely and place in Blood Sample Return Bag.
- Allow at least 2 hours for drying. Mail card next day if unsure if dry.
 - Do not use heat to assist drying or place in direct sunlight.
 - Do not remove contents inside bag.

Preparing For Collection

First, read the collection instructions that follow this section before using the lancet.

- 1 Increase blood flow before starting, drink a glass or two of water 30–45 minutes before collection. Do pushups or something to get your heart pumping.

Important: Wash your hands with soap in warm water for 1–2 minutes prior to using lancet. Clean and, more importantly, warm your hands.

Place collection card on the template provided and lay out all collection materials

03

Sample Return

01

Pre-Collection

Checklist Before Collection

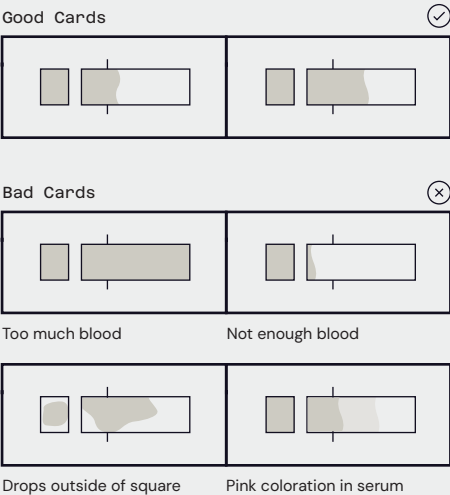
- ▲ Fast for 10–12 hours and stay hydrated.
- ▲ Drink 1–2 glasses of water 30–45 minutes prior to collection.
- ▲ Collect your sample before 10 a.m.
- ▲ Do not consume alcohol for 24 hours prior to collection.

Drop Placement

- 7 Place 4–5 large drops of blood in the “Drop Blood Here” square:
- Stand up and extend arm down towards the card.
 - Let drops fall onto Drop Blood Here square. Do not touch finger to card.
 - Do not drop blood in the rectangular strip to the right.

Gently apply intermittent pressure down your finger, but do not squeeze and do not apply any pressure near the puncture site. Apply light pressure for 2–3 seconds, release for 3–5 seconds to allow blood to fill your finger again, repeat until complete.

How To Know If Your Card Is Good



Checklist Before Mailing

- ▲ My sample is registered.
- ▲ My information is written my card.
- ▲ My card is completely dry.

Mail Sample To Lab

- ▲ Place your Blood Sample Return Bag inside the prepaid return mailer provided.
- ▲ Please mail within 24 hours.

Sample Registration

Register your sample using the number on your Getting Started Card.

- 1 Go to app.honehealth.com/registersample
- 2 Log in or create an account.
- 3 Enter your sample number.

Fill Out Your Patient Information

- 4 Please write your name, date of birth, and collection date at the bottom of your collection card.

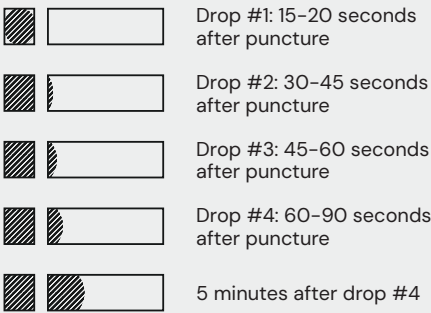
02

Collection

Drop Timing

Place no less than 4–5 large drops in the Drop Blood Here square.

Note the progression below. Timing of drops may vary.

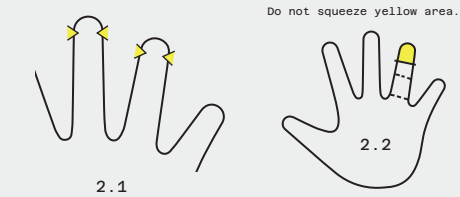


Do not place blood in larger rectangle.

Important

If blood flow slows, please stop, reprep, and use a different finger before collecting in your second square.

- You can lightly milk your finger down to your last knuckle (as pictured in fig 2.2).
- Each square should take no more than 2 minutes.
- **Do Not Squeeze**, rather gently milk.



Unsure If Your Card Is Good?

Send us a photo of your card to support@honehealth.com and we will let you know if you should submit your sample.

The lab tests the clear or slightly yellowish serum that extends beyond where the blood stops, not the blood. It is important to let 4–5 large drops of blood fall on the card so there is enough serum for the lab to test. If there is any red or pink in the serum, please send us a photo so we can help determine if the lab is likely to accept it.

If you are having trouble collecting your sample and would like a free replacement, email us at support@honehealth.com.

Hone™ is an innovative program designed to provide access to laboratory testing with physician consultation. The tests we offer are not intended to diagnose, prevent, or treat disease.

Results should be confirmed in a clinical setting along with appropriate follow up by a healthcare professional before taking any medical action.

Instructions have been reviewed and approved by US Specialty Labs LP, Clinical Reference Laboratory, Inc., and Advance DX, Inc.

If you have any questions call and email:

(833) 444-4483
support@honehealth.com