

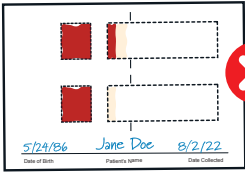
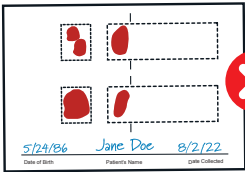
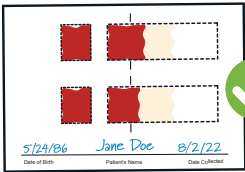
Important collection tips:

- You will be collecting **two samples** on one card in the same session.
- Drink a glass of water or two **15-30 minutes** prior to collection.
- Run your hands under hot water for at least **1 minute**.
- Make sure to drip blood **4-5 drops** of blood into the collection squares on the left.
- **Do not** add blood to the rectangles on the right side of the card.
- Let your collection card air dry for **at least 2 hours** or as long as it takes to dry completely.



Not sure if you collected correctly?

You can send us a photo of your sample when you click the green message icon in the lower right corner of support.everlywell.com



IS-EVW-CDS r002

everlywell.com/orders

Check the status of your order at anytime by going to

3. We will email you as soon as the results arrive!

2. Your results will be reviewed by a board-certified physician and then securely transmitted to us.

1. Once received, the lab will process your sample assuming it passes all quality checks. We will contact you if there are any issues.

What's next?

Celiac Disease Screening Test

Instructions

Your kit includes:



Alcohol prep pads



Blood collection card



Lancets



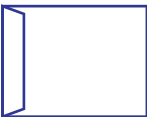
Blood sample return bag



Gauze pads



Bandages



Return envelope



Return label

support.everlywell.com



Questions?

1

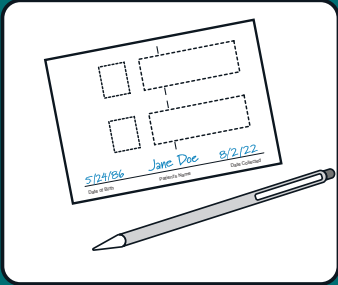
Register



First things first. Go to **everlywell.com/register** to register your kit. The lab cannot process your sample unless you register your kit.



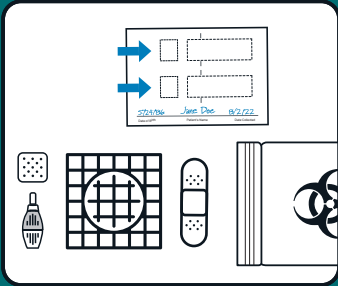
Watch the collection video so you can see how to successfully collect your samples before getting started.



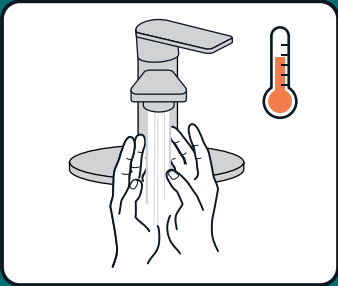
Write your name, date of birth, and collection date on your collection card. **The first and last name on your collection card must match the name you used to register.**

2

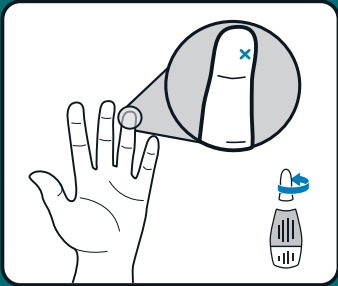
Prep



Prep your space. Open the gauze pad and bandage. Pull out your collection card and locate the collection squares on the left. **You will only drop blood on the squares on the left when you collect.**



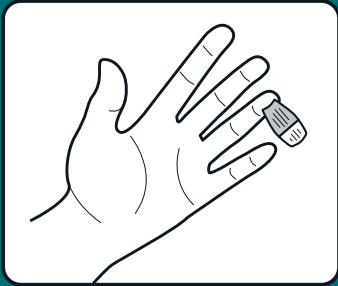
It's essential to get your blood flowing before you collect. Do this by warming your hands with hot water and then shaking them at your sides. Ensure all soap is thoroughly washed off and hands are completely dry.



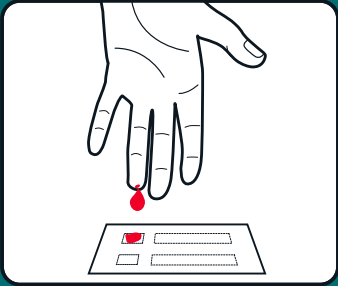
Find a spot on the right or left side of your ring fingers. Clean the area using the alcohol prep pad. Let the alcohol dry for one minute. Twist the top of the lancet to open it.

3

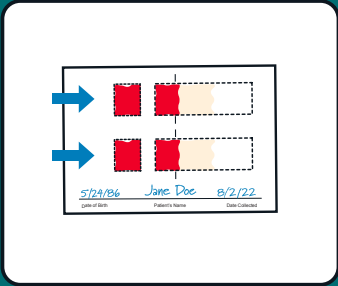
Collect



The lancet will only puncture once. Place your finger against a firm surface and press the lancet against your fingertip until you hear a loud click. Use gauze to wipe away the first drop of blood.



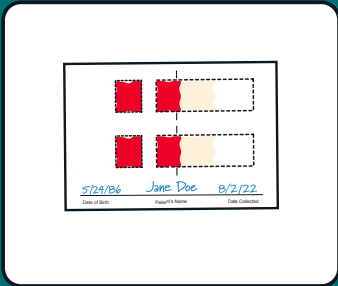
Drip 4-5 large, free-falling blood drops into the collection squares on the left. If you need to produce more blood, apply gentle pressure with your free hand to the base of your finger, where it meets the knuckle. Do not pinch or milk your finger.



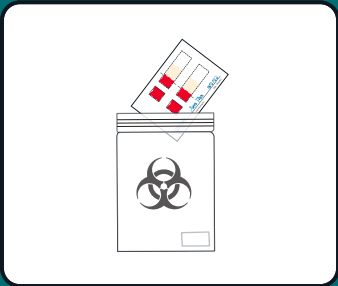
Do not touch or tap on the collection card with your finger. Blood dropped on the collection square on the left will soak through and expand into the rectangle on the right. **Do not** drop blood directly onto the right rectangle.

4

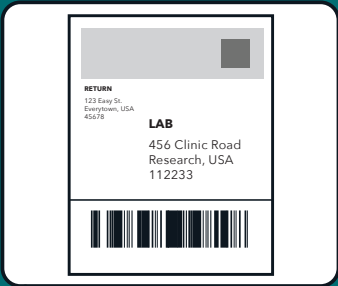
Package & Mail



Once the blood expands to the first line on the right-hand side of the card, **repeat the collection steps above using the second collection square on the card.**



Once you have completed your collection card, let your sample air dry for **at least 2 hours**. Put the sample card into the blood sample return bag, leaving the preservative packet inside.



Place blood sample return bag in the box. Place the box into the return envelope and apply the prepaid return label to the front.