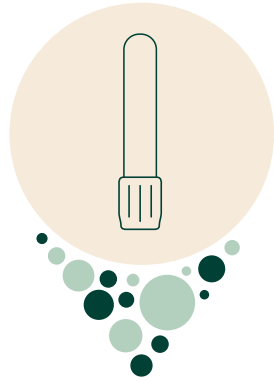




**Please note:**  
When you are ready to collect your sample, it's essential that you activate your test using your unique barcode. This can be done online at [www.myhealthchecked.com/activate-kit/bloods](http://www.myhealthchecked.com/activate-kit/bloods)  
WE CAN'T PROCESS YOUR SAMPLE IF IT HASN'T BEEN ACTIVATED.



## Instructions for use

Blood kit for home use (single tube)

Scan QR code to activate your kit



## Warnings and precautions

- This kit is designed for use by people aged 18 and over only.
- For persons with bleeding or clotting disorders, those taking anticoagulants, immunosuppressive drugs, or undergoing chemotherapy, this kit should be used with caution and under the clinical guidance of a healthcare professional.
- Do not affix the label to the blood collection tube until after you have collected your sample.  
**NOTE: you will not be able to see how much blood you have collected if the label covers the tube.**

Please note samples arriving at the laboratory which show evidence of the following will not be processed:

- Leaking sample/insufficient blood sample volume in the collection tube.
- General damage.
- Sample instability.
- Samples arriving at the laboratory which show signs of degradation (eg: haemolysis).

### Please note

- Some medicines or medical products may be considered interfering substances for certain biochemical or immunoassay investigation.
- Where appropriate, out of range, abnormal, or positive test results deemed to be clinically significant should be confirmed with a confirmatory venous blood sample.

All products within this box are CE / UKCA marked where applicable

Concepta Diagnostics Ltd.  
The Maltings, East Tyndall Street,  
Cardiff, CF24 5EA, UK.  
[care@myhealthchecked.com](mailto:care@myhealthchecked.com)  
[www.myhealthchecked.com](http://www.myhealthchecked.com)

CE Marking Limited  
Building 1000,  
City Gate, Mahon,  
Cork, Ireland  
[info@cemarking.ltd](mailto:info@cemarking.ltd)



## Intended use

This kit is designed for adults (aged 18 and over) for the collection of a capillary blood sample to be performed at home. This sample is then returned to a laboratory and analysed against a variety of biomarkers. This kit alone is not suitable for diagnosis, and it is not a substitute for a consultation with a healthcare professional. **Please note that you should always seek advice from your doctor before starting any treatment.**

## Getting your blood test results

When your sample has been processed and reviewed by our doctor, you'll receive an email to say your results are ready. This is usually within **48-72 hours** of your sample arriving at our laboratory.

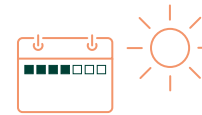
To view your results go to:  
[www.myhealthchecked.com/login](http://www.myhealthchecked.com/login)  
and then click on **My Results**.

Please check that the kit contains all of the items listed alongside. Do not proceed with the sample collection if any component is missing. Please email [care@myhealthchecked.com](mailto:care@myhealthchecked.com) immediately for a replacement kit.

**Please check your kit contains:**

- 3 x Lancets
- 3 x Alcohol wipes
- 3 x Plasters
- 1 x Blood collection tube with gold cap
- 1 x Barcode label
- 1 x Specimen transport bag with absorbent pad
- 1 x Return postage bag with prepaid label
- 1 x Instructions for use leaflet

## Top tips for blood collection before you start



### Collection Mon-Thurs

You must collect your sample in the morning between Monday and Thursday and post it on the same day.

This ensures your sample is not delayed in the post which will impact stability of your sample and our ability to provide your test results.

Do not collect or return your sample on a weekend or bank holiday as there will be postal delays.

### Well hydrated

To ensure you can collect a blood sample, you need to be well hydrated. Please drink a large glass of water at least 30 minutes before performing your test. For your blood collection, gentle exercise can also help to increase blood flow to your fingers.

### Clean & soak hands

Wash your hands with soapy water and dry with a clean towel. Then, lay your kit out on a clean table. Put your whole non-dominant hand in warm water for 2-3 minutes. Your fingers should be slightly dimpled. Then dry your hand with a clean towel.

### Middle or ring finger

The best location for collecting a finger prick sample is from the side of your middle or ring finger. Avoid using the thumb, index and little finger.

It is essential that you read all of the instructions before beginning your sample collection. If you are unsure or require additional guidance please visit the 'help' page on our website or watch our 'how-to' video by following this link: [www.myhealthchecked.com/help/videos/blood](http://www.myhealthchecked.com/help/videos/blood)

## Activate your test

1 **Activate your test online at [www.myhealthchecked.com/activate-kit/bloods](http://www.myhealthchecked.com/activate-kit/bloods)**

**before collection.** You must post your sample on the same day as you collect it.

**NOTE:** If you are helping someone else collect a sample for testing, please ensure the details completed are for the person whose sample is being returned to the laboratory. **Please ensure you have read and understood the instructions for use before collecting your sample.**

## Collecting your blood sample

2 **Complete the information required on the specimen transport bag**

Using a ballpoint pen complete with the following details:

First name, Surname | Date of birth | Gender at birth | Date and time of sample collection

3 **Remove cap of blood collection tube**

Remove the small, gold top of the blood collection tube by applying gentle pressure in an upward direction. Place the collection tube into the circular cut-out inside the box whilst you collect your sample.

4 **Twist the lancet lid**

Twist the blue lid on the top of one of the safety lancets. The safety lancet is now ready to use.



5 **Clean finger**

Using the alcohol wipe, clean the tip of the selected finger. Ensure the finger is completely dry to ensure a successful collection. **NOTE: blood will not form a droplet if the finger is not completely dry.**



6 **Prick finger**

Position the safety lancet on the side of the selected finger, holding against the skin firmly. The lancet will activate in one step, only when positioned and pressed firmly against the skin until a click is heard. Push the safety lancet into the selected location on your finger. This will puncture the skin and a small drop of blood will form. Gently apply pressure to the area surrounding the puncture site to encourage the blood to flow.

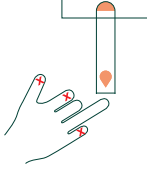


7 **Discard the first drop of blood**

Discard the first drop of the blood by wiping it away with a clean tissue.

8 **Collect sample**

Position the finger over the collection tube to enable blood to drop into the blood collection tube. Holding your hand/arm downwards, firmly massage your hand down to the finger without squeezing the blood to flow until the blood reaches the upper fill line on the tube. This line is the minimum amount required. Should you need to repeat the process again to help obtain enough blood, use the remaining lancet.



9 **Complete sample**

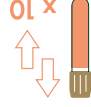
**PLEASE NOTE: each lancet is for single use only. Discard after first use and do not reuse.**

Once you have filled the tube up to the top fill line, stop collecting. Clean finger with a moist wipe, dry it with a tissue and apply the supplied plaster to stop the bleeding. Then push on the cap of the blood collection tube securely, until you hear an audible click to confirm closure.



10 **Invert**

Gently turn the tube upside down at least 10 times.



5.

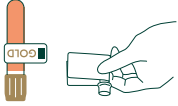
## Packing your sample for return

11 **Make a note of your unique barcode number provided on the label:**



12 **Label your blood collection tube**

Make sure your tube is labelled with your details using the blood collection tube label supplied. **This is very important as unlabelled samples cannot be accepted.** When labelling your tube, stick the centre of the sticker on the tube and bring the ends together to stick them like a flag.



13 **Seal your sample**

Place your blood sample in the specimen transport bag. Seal the bag following the instructions on the bag.



14 **Package and post your sample**

Put the specimen transport bag (containing your sample) back inside the original box. Then place it inside the prepaid postage bag provided and return via any Royal Mail postbox. To track your sample's return to our lab, please make a note of the Royal Mail tracking number below. You can track its journey via [www.royalmail.com/track-your-item](http://www.royalmail.com/track-your-item)



Your 13 digit tracking number (Ignore the #)

Please do not take or post your sample on a weekend or a bank holiday.

## Before returning your sample, complete the important return checklist

Before you return your sample, please ensure the following is done:



- Kit activation is complete
- The blood collection tube is labelled
- The blood collection tube is placed into the specimen transport bag, sealed, and placed inside the collection kit outer box
- The collection kit outer box is firmly closed
- The collection kit outer box is placed into the return postal bag
- You have taken a note of your postal tracking number and barcode number
- You're now ready to seal the envelope, please store at room temperature until posted

Please fully complete your activation.  
**NOTE: if we do not receive a fully activated and labelled sample, we will not be able to process your test.**

Please return your sample to our laboratory (on the same day you have collected your sample) between Monday and Thursday, and post it immediately using a Royal Mail postbox.

If you require assistance, please contact us at [care@myhealthchecked.com](mailto:care@myhealthchecked.com) and a member of our Customer Care Team will be able to help. **Please have your barcode and Royal Mail tracking number to hand to enable us to assist you with ease.**

7.