

How to use guide

Getting prepared to take
your DNA sample

How to take DNA
saliva sample

Activating & posting
your sample



Save time



Accurate results



Confidential



Trusted

For more help email us helpme@customercare.expert

Step 1 - Getting prepared to take your DNA sample

Check that you have all the parts for your DNA tests before you start



1 x Funnel



← Your test barcode number

1 x Tube

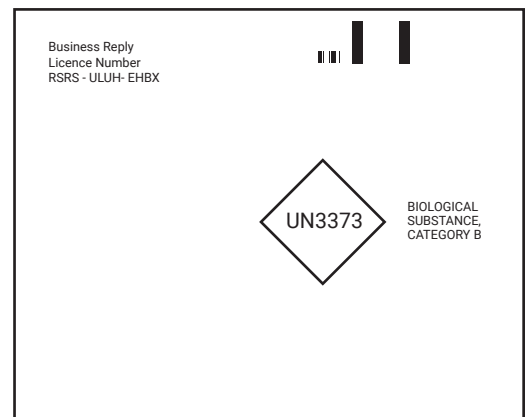


1 x Transport Pack

Important document enclosed

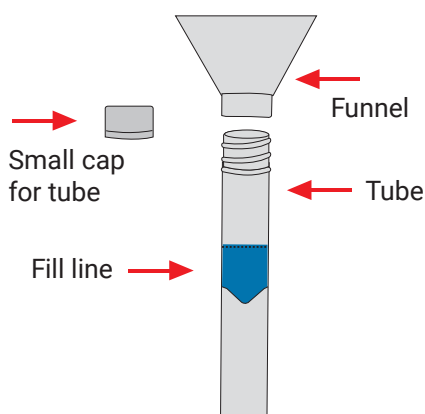
- This envelope contains your laboratory Request form.
- This enclosed request form must be completed with the DATE and TIME of sample collection.
- Failure to return this completed Request form with your sample may cause a delay with your result.

Sample Return Envelope



Return Packaging to Lab

Before you start please read the warning and handing instruction of your saliva sample collection tube



Intended use: For the collection of human DNA from saliva samples only.

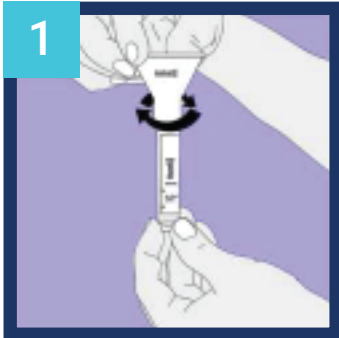
Contents: Tube contains stabilizing liquid.

Warnings and precautions: Wash with water if stabilizing liquid comes in contact with eyes or skin. Do NOT ingest. Small cap may pose a choking hazard.

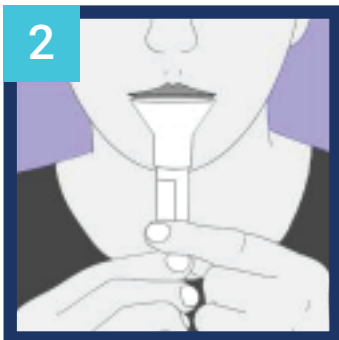
Storage: 15°C \ 30°C

Step 2 - How to take your DNA sample and fill the collection tube

Read all instructions prior to filling the collection tube



- Remove the collection funnel and tube from the pack.



- Spit into the funnel until the level of the liquid in the tube, not including bubbles, reaches the 2ml line.
- Delivery of saliva will take between 2 and 5 minutes.



- Unscrew the collection funnel and replace the tube cap tightly.
- Discard the funnel.



- Shake the collection tube several times to mix the saliva with the solution.
- **STORE AT ROOM TEMPERATURE AFTER COLLECTION**

Step 3 - Activate and send us your DNA sample

3A - Log in to your Bio Health Hub account to activate your test



Bio Healthcare Hub
Predictive & Preventative Healthcare Testing
BLOOD • GUT • DNA

Home Blood Testing Gut Testing DNA Testing

Dashboard

1 **Activate My Test**

Test Results
Gut Test Results
Blood Test Result
DNA Test Result
Purchase Tests
My Account

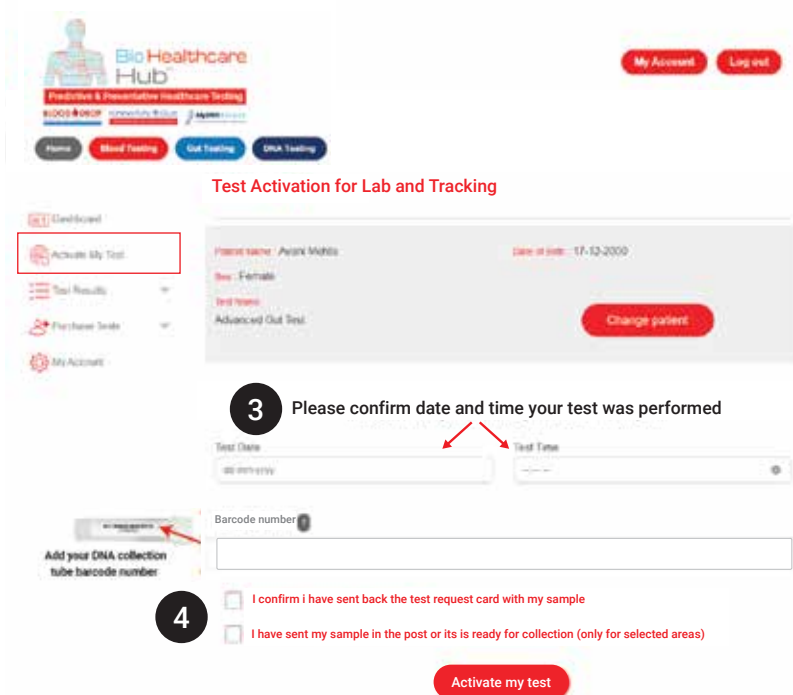
Activate My Test

#	Name	Date of Birth	Test Ordered	Action
1	Avani Motia	2000-12-17	Advanced gut test	2 Activate Test

Select "Activate my test"

Select "Activate my test"

3B - Test activation for lab and tracking



Bio Healthcare Hub
Predictive & Preventative Healthcare Testing
BLOOD • GUT • DNA

Home Blood Testing Gut Testing DNA Testing

Dashboard

1 **Activate My Test**

Test Results
Gut Test Results
Blood Test Result
DNA Test Result
Purchase Tests
My Account

Test Activation for Lab and Tracking

Patient name: Avani Motia Date of birth: 17-12-2000
Sex: Female
Test name: Advanced Gut Test
Change patient

3 Please confirm date and time your test was performed

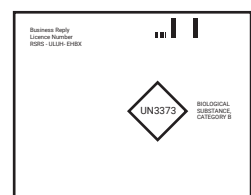
Test Date: 01/01/2021 Test Time: 10:00 AM

Barcode number: 4

4 ☐ I confirm I have sent back the test request card with my sample
☐ I have sent my sample in the post or its is ready for collection (only for selected areas)

Activate my test

3C - Finally post your sample in the transport pack and return envelope



Place DNA sample into the transport pack

Place transport pack into return packaging to lab