

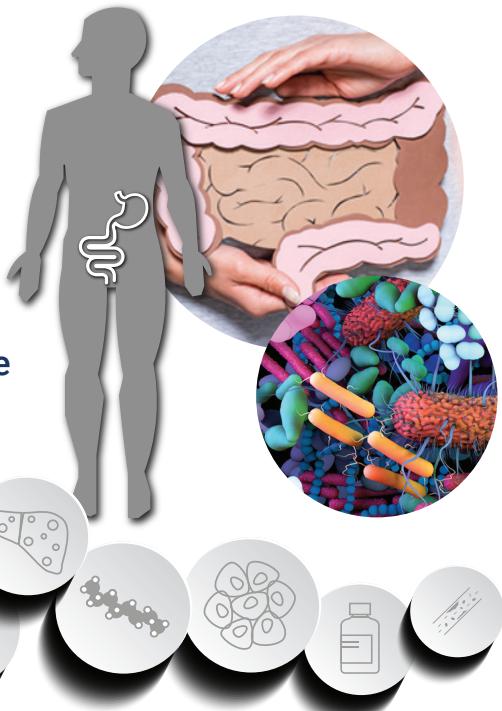


**Bio Healthcare
Hub™**

Predictive & Preventative Healthcare Testing

Instructions for your Gut Health Test

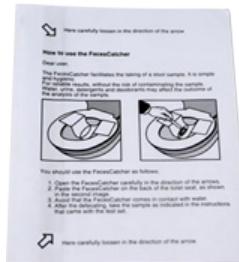
- Preparing for your Stool Sample Test**
- How to Collect your Stool Sample**
- Activating your Test and Returning of your Sample to The Lab**



- 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 stool collection device until you are ready to use your kit**

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

Your kit includes everything required to collect and safely return your stool sample for laboratory analysis:



Stool Collection Tube

Pre-labeled with a barcode for accurate tracking.

Sample Transfer Spoon

For transferring the sample into the tube.

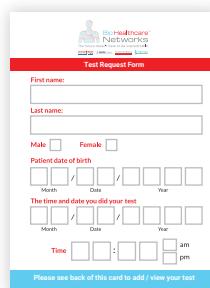
Sample Collection Paper (or Stool Catcher)

To collect your stool hygienically.



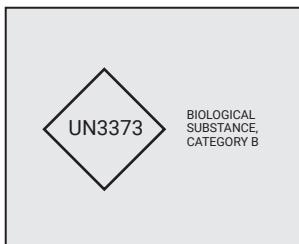
Biohazard Bag

To securely seal your sample tube before return.



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 - Stool Sample Collection and UN3373 Return to Lab Bag Instructions

Before You Begin



- Each stool 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 Stool Sample

1



Carefully open the stool collector and follow the instructions printed on the collector to place it on the toilet seat.

2

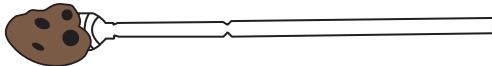


Pull open the package from one end. Remove the swab from the wrapper, taking care not to touch the white swab head with your fingers.

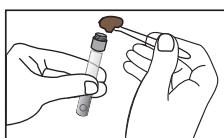
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Use the swab to collect 2 scoops of stool usually 400 mg.



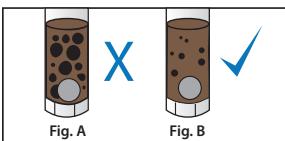
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Do not overfill the tube.

The preservative liquid needs space to mix with the stool sample.

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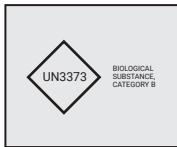


Shake tube vigorously for 20 seconds to mix.

Continue shaking if large particles remain as shown in **Figure A**.

Returning Your Stool Sample

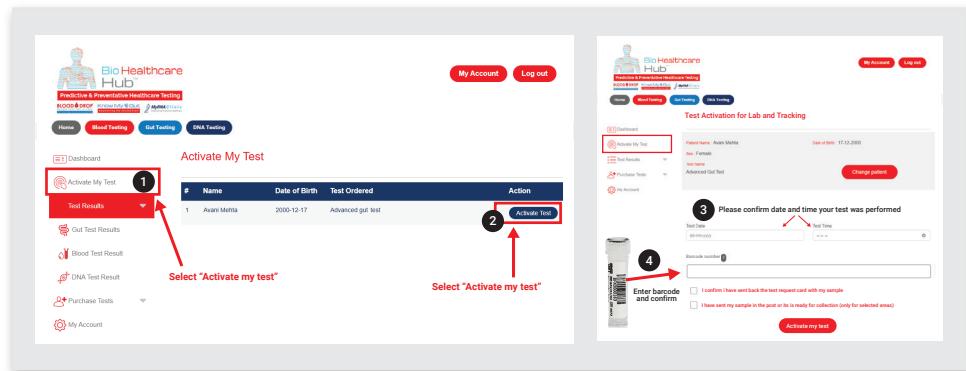
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- Place the stool sample tube inside the biohazard return bag and seal it securely.
- Put the sealed biohazard bag inside the UN337 return-to-lab bag together with your completed test request card.

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.



The image contains two screenshots of the BioHealthcare Hub website. The left screenshot shows the 'Activate My Test' page with a table of results and a dropdown menu. The right screenshot shows the 'Test Activation for Lab and Tracking' page with a form to enter test details and a barcode scanner.

Left Screenshot: Activate My Test

- 1. Select "Activate my test"
- 2. Select "Activate Test"

Right Screenshot: Test Activation for Lab and Tracking

- 3. Please confirm date and time your test was performed
- 4. Enter barcode and confirm

- 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.