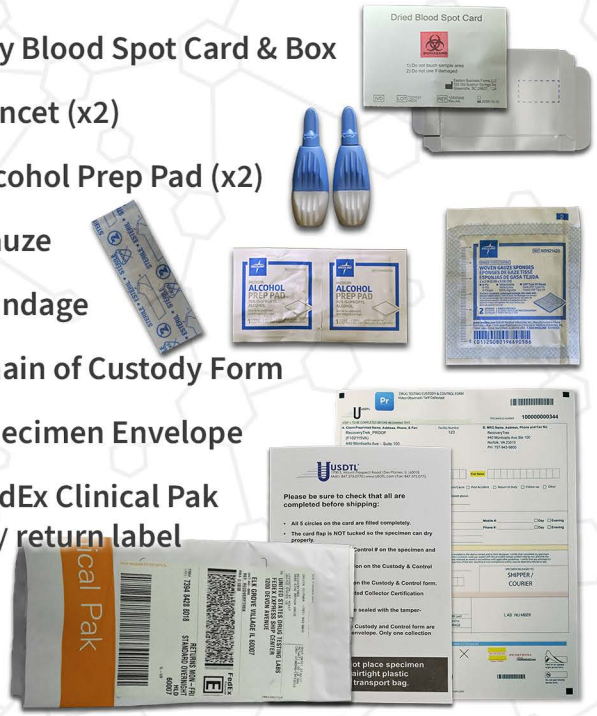
PROOF

Blood Kit

What's Inside

- ✓ Dry Blood Spot Card & Box
- ✓ Lancet (x2)
- ✓ Alcohol Prep Pad (x2)
- ✓ Gauze
- ✓ Bandage
- ✓ Chain of Custody Form
- ✓ Specimen Envelope
- ✓ FedEx Clinical Pak w/ return label



Before You Begin

Please place your phone in the stand provided on the front flap of the PROOF box. Your phone should stand vertically so that you will be clearly in view of the app when the test begins.

Do not open the sealed bag until instructed to do so on camera. If you do so, the collection will be invalid.

You'll want to ensure that your phone is in the do not disturb setting, and that you have alarms turned off. Interruptions will stop the recording and your collection will be invalid. You'll want to have your Government issued photo ID and an ink pen ready with you.

Tips for a Successful Collection

The PROOF app will walk you through the steps of your collection using audio, visual, and text prompts.

Please refrain from eating, drinking, or smoking for at least twenty minutes before your collection.

You'll want to ensure your smart phone has at least 50% battery life, at least 1GB of available storage space, and a strong network signal.

You'll want to have approximately twenty uninterrupted minutes to complete your collection.

You'll want to stay onscreen and within the guidelines shown to ensure an accurate collection. Your workspace should remain visible to the camera at all times, with your collection device clearly visible on a flat surface when not in your hand.

Do not minimize or close the PROOF app until you see "upload complete" on your video prompt.

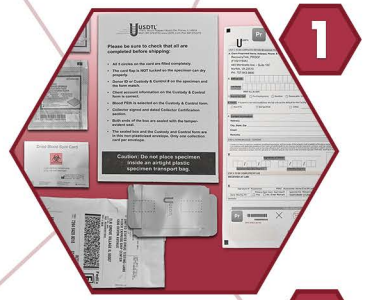
Download the free PROOF+ app

Download on the App Store

GET IT ON Google Play

collectwithproof.com • proof@recoverytrek.com • 757-943-9800

PROOF Blood Kit Instructions

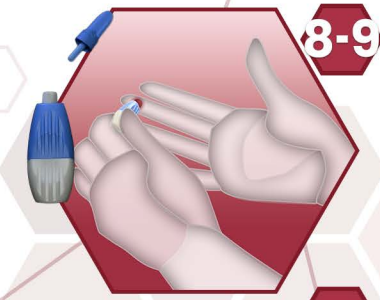


1 **Tear open the clear package testing materials** when prompted by the PROOF app. Place on a flat workstation in full view of the app.

2 **Using an ink pen, please complete all highlighted fields on the Chain of Custody form.** All Names and Signatures on the form should be you, the Participant and Collector. Be sure to fill the date and your initials on the tamper evident seal at the bottom of the Chain of Custody.

3-6 **Complete your name, initials, and date on the collection card.** Affix one of the small barcode stickers from the bottom of the COC form above your name on the collection card. Enter the letters and numbers in the barcode in the app.

7 **Wipe the finger you wish to use (middle or ring finger) with the isopropyl alcohol pad and allow to air dry.**



8-9 **Twist off the cap on the sterile safety lancet to break the seal.** Place the open end of the lancet against the sterilized finger. With placement slightly off center, press safety lancet firmly against the puncture site until a click is heard.

10 **Wipe away the first drop of blood with the provided gauze,** this will improve blood flow.

BEFORE YOU TEST:

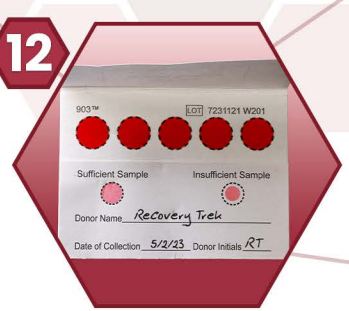
Make sure you have

- ✓ Smartphone on Do-Not-Distrub mode
- ✓ An ink pen
- ✓ Government-issued photo ID
- ✓ Sealed testing packing (you will open on camera)

AFTER YOU TEST:

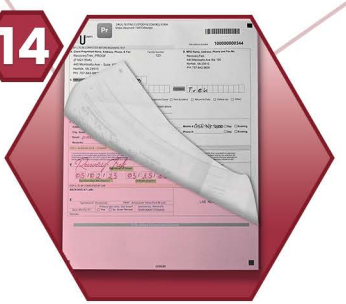
- ✓ Capture your tracking number in the PROOF app
- ✓ Receive an 'Upload Complete' notification in app
- ✓ Schedule a pick-up using FedEx.com

11 **Wait for the formation of a large drop of blood before attempting to fill the collection circles.** Do not press the finger against the collection paper and do not layer successive drops.



12 **Continue the process until all collection circles are filled.** Be sure to wait for a large drop to form between each attempt at filling the collection circles. Avoid milking the finger as this will speed clotting. Do not layer successive drops.

13 **Place the specimen card in the USDTL BloodSpot Drying Box.** Next, carefully peel back the long tamper evident sticker from the bottom of the Chain of Custody form & place it across the box sealing both ends shut.



14 **Carefully separate the copies from the Chain of Custody & set aside the pink donor copy.** Please keep this for your records.

15 **Place the USDTL Bloodspot Drying Box inside the specimen envelope and seal the envelope.**

16 **Place the specimen envelope and completed laboratory COC in the FedEx Clinical Pak.** The shipping label is already attached. After the test is complete, add the tracking information with your phone camera.

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