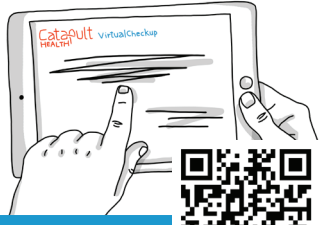


1



## WATCH THE VIDEO

- Before you begin, please watch our 4-minute "how to" video at [VirtualCheckup.com/video](https://VirtualCheckup.com/video)
- You may also scan this QR Code with your phone's camera to access the video.
- Drink plenty of water before you begin.

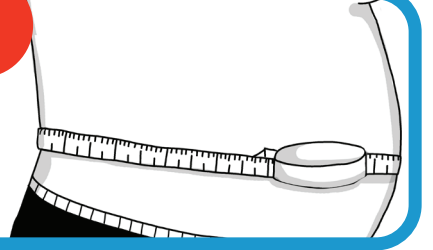
2



## BEGIN CONSENT FORM

- The information you include on this form is confidential.
- All fields are required.
- The more accurate and honest you are, the more we can help you!
- Weigh yourself, record your height and weight.
- Answer the question about fasting.

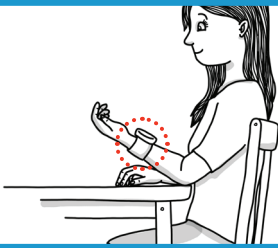
3



## MEASURE YOUR ABDOMEN

- Locate measuring tape in kit.
- Measure the distance around your abdomen, right above your hip bone and around your belly.
- Your abdominal measurement is not the same as your pant size.
- Abdominal circumference is often greater than pant size.
- Record on consent form.

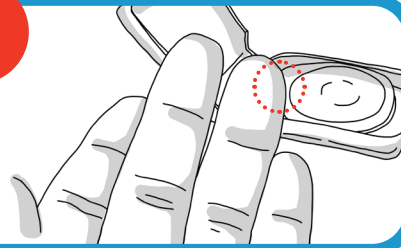
4



## CHECK YOUR BLOOD PRESSURE

- Sit in a chair pulled up to a table.
- Place your feet flat on the floor.
- Back straight, elbow on the table.
- Install batteries in blood pressure monitor, put on your left wrist.
- Screen should be visible with your palm up (opposite to wearing a watch).
- Relax wrist and hand, raise wrist to heart level.
- Take blood pressure reading, record on consent form, then wait 3 minutes.
- Take second reading and record on consent form. Also record heart (pulse) rate from monitor.

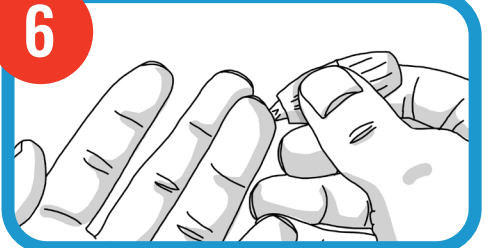
5



## GET EVERYTHING READY

- Open the foil pouch and remove the green plastic collection device.
- Place collection device (with collection side up) on a flat and level surface.
- Do NOT remove the clear plastic that covers the white collection site.
- Rinse hands in warm water.
- With palm facing up, select ring finger for your collection. Puncture site should be on the **side of the fingertip** for ease of collection. Do NOT use the center of the fingertip.

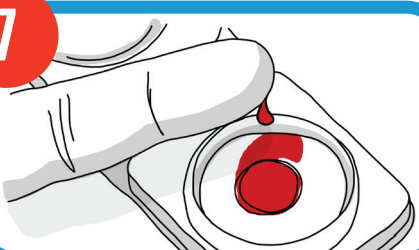
6



## THE FINGER STICK MADE EASY

- Remove ring(s) from ring finger.
- Clean collection site with alcohol pad.
- Stimulate blood flow by letting your hand hang at your side and shaking back and forth for 15-20 seconds.
- Twist off cap of lancet provided. Place hand, palm side up, on a hard surface.
- Position lancet on right side of finger as shown. Press lancet firmly into side of fingertip until it "clicks."
- Use gauze to wipe off and discard first drop of blood.

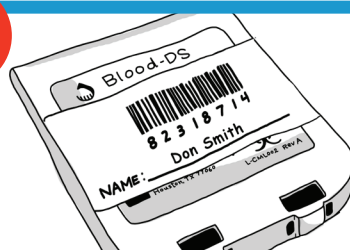
7



## 4 DROPS IS ALL IT TAKES

- Squeeze above the knuckle of the finger to get the collection started.
- Blood drops should flow freely.
- If blood drop does not form, wipe site with gauze pad and gently massage finger from the palm to fingertip.
- **Four (4) large drops are required** to fall through the center hole of the clear cover onto the application surface.
- Apply drops continuously. Do NOT STOP or wait between drops.
- When finished, hold gauze on finger 1 minute, remove and apply bandage.

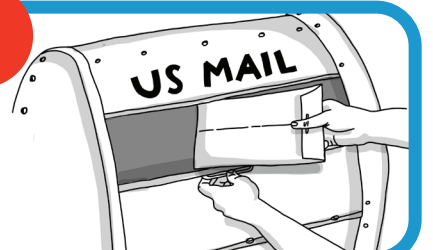
8



## CLOSE AND LABEL THE SAMPLE

- After 4 blood drops are absorbed, wait 3 minutes then close the device firmly by folding over the top.
- Make sure the latches are secure.
- Remove one barcode label from the consent form, print your name on it, affix to the outside of the collection device.
- The collection device containing your blood sample can be stored briefly at room temperature (65°-72°) before mailing to the laboratory.

9



## MAIL YOUR SAMPLE & FORM

- Verify all information is correct and complete on the consent form. Sign and date.
- Remove a second barcode label and affix to the Participant Card located in the box tray. Retain this card.
- **Place your blood collection device and your signed consent form in the prepaid return envelope provided.**
- Your blood sample and consent form must be mailed (US MAIL) within 24 hours of collection.

# What's Included in your Home Kit?

All fields on your Test Requisition and Consent Form **must be completed**. Form must be returned with your blood sample.



**DO NOT OPEN** foil pouch until you're ready to begin collecting your blood sample. The collection device inside the pouch **must be used within 30 minutes** after opening foil pouch.

## WARNING: Important Collection Information

Improper collection of blood specimens may affect laboratory results. Carefully read and follow the collection instructions. Persons with hemophilia or anti-coagulation therapy should consult a licensed physician or healthcare professional before using this kit.

Before you begin, please watch our video at [VirtualCheckup.com/video](https://VirtualCheckup.com/video)

You may also scan this QR Code with your phone's camera to access the video.



Catapult VirtualCheckup™  
HEALTH

200 NE Missouri Road, Suite 304 Lee's Summit, MO 64086 | [coremedicalabs.com](https://coremedicalabs.com)



Welcome to  
**Catapult** VirtualCheckup™  
HEALTH

Convenient Self-Collection Kit