



CLARA SPOT™ COLLECTION INSTRUCTIONS

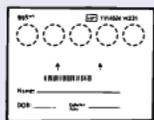
INTENDED USE

Clara Spot™ is intended for the collection and preservation of blood samples for the purpose of laboratory testing by Simple HealthKit laboratory.

FOR ACCURATE RESULTS, PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THE KIT

IN THIS COLLECTION KIT

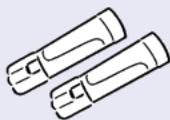
To collect each sample your individual Kit includes:



Sample Card



Alcohol Wipes (2)



Lancets (2)



Bandages (2)



Sample Bag

One Return Envelope to send Sample(s).

DO NOT USE any components other than what is provided in the Collection Kit.

DO NOT USE this Kit if any components are missing, damaged or expired—visit claraspot.com/support for support. The expiration date can be found on the Kit package.

NOTE: You may be collecting multiple samples—do not discard the instructions.

IMPORTANT

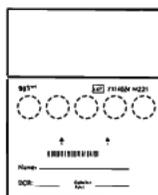
BEFORE COLLECTING EACH SAMPLE, YOU MUST REGISTER YOUR SAMPLE CARD TO YOUR ACCOUNT. THIS INCLUDES ENTERING BOTH THE SAMPLE ID FOUND ON YOUR SAMPLE CARD AND YOUR PROVIDER'S ID. IF YOU DO NOT HAVE YOUR PROVIDER'S ID, CONTACT THEM DIRECTLY.

THE LAB WILL NOT BE ABLE TO PROCESS YOUR SAMPLE IF YOU SKIP THIS STEP.

STORE YOUR SAMPLE CARDS IN A COOL DRY PLACE BETWEEN 59°F (15°C) AND 77°F (25°C) AWAY FROM SUNLIGHT AND MOISTURE.

REGISTER YOUR CARD

1



Print your Name, Date of Birth and Date of Collection in the provided fields on your Sample Card.

- Name and Date of Birth on Sample Card and your account must match.
- Unlabeled Sample Cards may be rejected or delayed

2

Scan the QR code or visit claraspot.com to log in with your account information. If you do not have an account, click on "Create Account" and follow the steps to make your account.



3

Once logged in, the site will direct you to "**Register your Kit**" to your account. If not, click on "Register a Kit" to enter the number that can be found on your Sample Card and other registration information.

For additional information and support, visit claraspot.com/support.

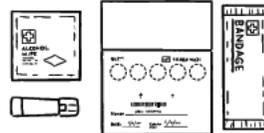
LIMITATIONS

- Do not use if you have a bleeding disorder or are taking medications that increase the risk of bleeding.
- Do not use if you are at risk of fainting when providing blood samples.
- Do not use provided Lancets on broken, damaged, ulcerated, scarred, or infected skin.
- There is a possibility that using these Lancets may cause bruising, tenderness, soreness, pain, nerve damage, scarring on the skin, damage to the bone, or infection. Seek medical attention if you have any concerns.
- Testing using Clara Spot™ is available with the approval of your health care provider. This testing has been validated for use in individuals 18 or older.
- Keep out of reach of children. This Kit contains small parts that may pose a choking hazard.

PREPARE FOR YOUR SAMPLE COLLECTION

1

- Lay out collection materials:
- Alcohol Swab
 - Sample Card
 - Lancet
 - Bandage



Open and place your Sample Card on a flat surface.

2

Wash your hands with warm water and soap for at least 1 minute and dry completely.



3

Select and clean a finger for sample collection. We recommend using your ring finger (4th finger). Use the provided Alcohol Wipe to clean your fingertip.



Let your fingertip dry completely, DO NOT blow on it.

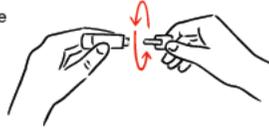
4

Shake your hand vigorously for 30 seconds to stimulate blood flow.



COLLECT YOUR SAMPLE

- 1 **Twist the top off of the Lancet** and place the white tip against the right or left side of the clean fingertip you will prick.



- 2 **Firmly press the Lancet** against your finger to puncture the skin. You should see a blood drop when you remove the Lancet.



- 3 Gently press the pricked finger from below the puncture site. Allow several seconds for a large blood drop to form. Hold your finger pointing down over the first circle on the Sample Card.



- 4 Gently massage from below the puncture site toward the tip to encourage blood flow. Let a large blood drop fall onto the center of the circle and spread to the dotted line.



DO NOT press or smear your fingertip onto the card.

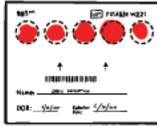
NOTE: If you cannot fill at least 4 circles with one finger, use the second Lancet on a different finger. Be sure to follow the same cleaning procedure before collecting blood from the new finger.

- 5 Continue collecting blood drops until at least 4 circles are filled.

DO NOT rub or smear the blood sample.

COLLECT YOUR SAMPLE *continued*

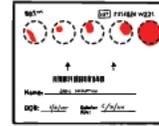
- 6 Make sure each circle on the Sample Card is completely filled, allowing enough blood to soak through the card before moving on to the next spots.



ACCEPTABLE



UNACCEPTABLE
Blood spots are overlapping



UNACCEPTABLE
Not enough blood on each spot

- 7 When done collecting all blood spots, bandage your fingers if needed.



DRY YOUR SAMPLE CARDS

Let the blood spot air-dry completely.

Leave the Sample Cards open and allow the blood spots to dry for at least 20 minutes before closing the Sample Card.

Avoid moisture and direct sunlight.

Keep the Sample Card in a cool, dry place away from sunlight while it dries.

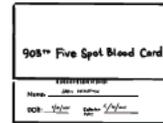
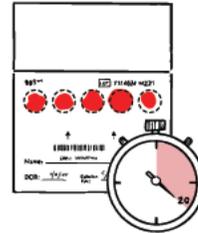
DO NOT close the Sample Card until the blood is fully dry.

After drying, close the Sample Card properly.

Tuck the cover into the flap as shown. Then place the Sample Card into its individual Sample Bag and seal it tightly.

NOTE: If your healthcare provider has asked you to collect a second sample, store the first Sample Card inside its individual Sample Bag in a cool, dry place away from moisture until you are ready to send BOTH Sample Cards to the lab.

DO NOT freeze.



SHIP YOUR KIT

- 1 Make sure each completed Sample Card is in its own sealed Sample Bag.
- 2 Place the sample bag(s) into the Return Envelope and seal.
- 3 Drop off the Return Envelope at a FedEx® drop box or shipping center as soon as possible.



Find the nearest FedEx® drop-off location and collection hours at local.fedex.com. You can get free pick up Monday through Friday at most locations. Call FedEx® at +1 (800) 463-3339 or on the web at fedex.com/en-us/shipping/schedule-manage-pickups.html at least one day in advance.



IMPORTANT!

Drop your package off inside a FedEx® location, or keep it indoors if outside temperatures are below 35°F (2°C) or above 90°F (32°C).

Tracking your shipment

Please keep your tracking number to help you track the package.

GET YOUR RESULTS

- 1 You'll receive an email or text notification when your results are ready. You can also log in to your account to view updates. Results are typically available 2 to 4 days after your samples are received by the lab.
- 2 Your health care provider will help you interpret results.

Clara Spo^l Kit manufactured and tested by Simple HealthKit, Inc.

446 S. Hillview Dr. Milpitas, CA 95035

Use by prescription only.

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