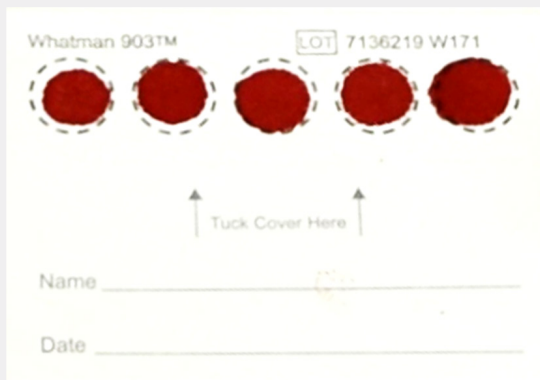


THANK YOU VERY MUCH FOR BEING IN OUR STUDY

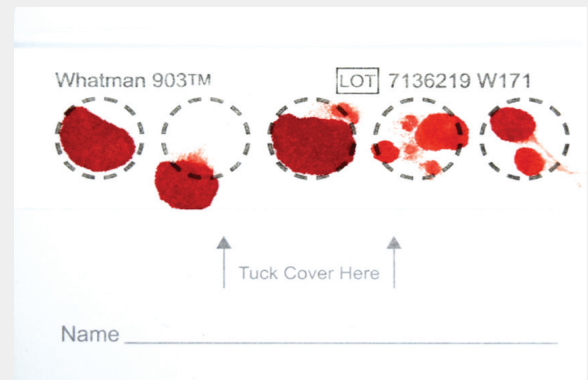
Here are all the items you need to give a dried blood spot sample and return it by mail. Flip this page over for step-by-step instructions, and here's a how-to video with the study director: bit.ly/biospot-howto. If anything is missing or if you have any questions, please email nasinfo@arg.org or call 510-898-5800.

TIPS

YES, DO



NO, DON'T DO



WHAT'S IN YOUR KIT?

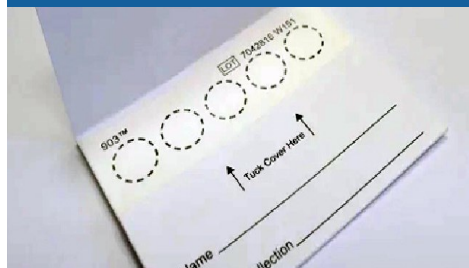


1. Wash hands



Wash your hands with soap and warm water for 30 seconds.

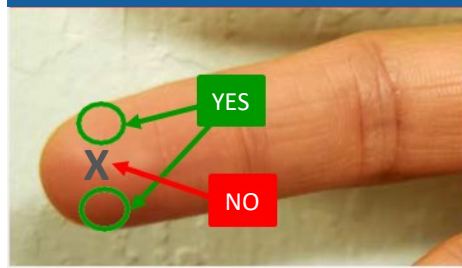
2. Open the card



Open the blood card and gauze so they're ready to use.

Rub your hands together or shake your hands to get the blood flowing.

3. Prepare finger



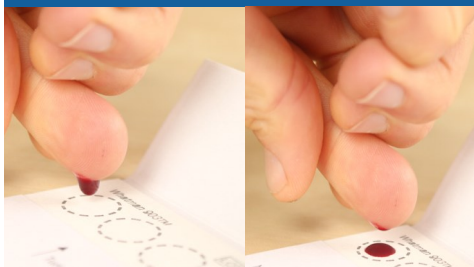
Prepare the middle or ring finger on your non-dominant hand by wiping the area with the alcohol pad. Let it dry. See the picture of where to prick—it should be to the left or right of the center of your fingertip.

4. Prick & wipe finger



Twist off the cap of the single-use lancet and press the tip against your finger. The needle will click when ejected. Wipe away the first blood spot with the gauze. This will keep the blood flowing.

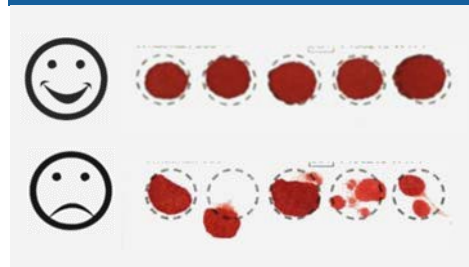
5. Drop a spot



Place finger over first circle on blood card. Let a **LARGE** drop fall or very gently touch drop to card.

DO NOT TOUCH FINGER TO CARD.

6. Fill circles on card



Add **ONE** drop of blood to each circle.

Need more blood? Gently massage your finger from base to tip, and wipe finger between drops with the gauze.

7. Let it dry



Write the date. Put the "Study ID" sticker on the Name line. Don't write your name. This keeps your sample confidential.

Let the card dry for **4 hours** but **not more than 12 hours**.

8. Mail it



Put the dried card in the plastic bag with desiccant. Put the plastic bag in the prepaid envelope and mail it.

We will send you your \$40 Amazon.com gift card when we receive your sample.