Welcome to myBioIntel!

STEP ONE: REGISTER YOUR KIT
Before you begin, please visit www.mybiointel.com/register to register your kit. This step is necessary for us to obtain a physician order on your behalf and for our lab to process your samples and issue results. After kit registration, please wait for an email notification to let you know that it is time to collect your samples.

STEP TWO: PREPARE FOR COLLECTION
Remove the contents of your kit. Please keep the box for return shipping.

- ** Place the ThermoSafe Polar Pack flat in the freezer for at least four hours before sample collection. **
- Time sample collection for immediate return shipping. If not possible, refrigerate samples for at most five days.
  For best results, plan to return the kit Monday through Wednesday so it arrives at our lab during business hours.
- Write your name and date of sample collection on each label enclosed in your kit, using blue/black ink pen.

STEP THREE: COLLECT YOUR SAMPLES - URINE SAMPLE REQUIRED
Collect both urine and saliva samples first thing in the morning before eating, drinking, brushing your teeth, or using mouthwash. Menstruating women should collect samples only after the completion of their period.

To collect urine sample - first urine sample of the morning required:
1. Put on gloves and start urinating. Stop urine flow and position specimen cup to collect urine. Collect at least 60 mL – specimen cup will be halfway full. Secure lid to container, sealing completely. Discard gloves.
2. Affix a large, completed label to specimen cup and place it into biohazard specimen bag; expel air and seal bag.
3. Place this sealed bag into the round foam holder in the box provided.

To collect saliva sample:
1. Remove saliva collection aid from the re-closable plastic bag - keep this bag for returning the saliva sample.
2. Place ribbed-end of the saliva collection aid into the saliva collection vial.
3. With head tilted forward, gently force saliva through the aid into the vial. Fill vial with a minimum of 1 mL of saliva.
4. Remove the collection aid and discard. Attach the cap to the collection vial and tighten.
5. Affix a small, completed label to saliva collection vial and place it into the re-closable bag; expel air and seal bag.
6. Place this sealed bag into the rectangular foam holder in the box provided.

STEP FOUR: FREE RETURN SHIPPING
Ensure urine specimen cup and saliva collection vial are both clearly labeled, secure, and sealed in the bags provided.

- ** IMPORTANT: ** Remove ThermoSafe Polar Pack from freezer and place it on top of the two samples in the box.
- Place the closed box into the FedEx Clinical Pak Bag and seal this bag.
- With a permanent marker pen, check “Exempt Human Specimen” box on the FedEx Clinical Pak Bag, and affix the return shipping label in the appropriate section on this bag. Keep the receipt at the bottom of the return label.
- Take the Clinical Pak Bag to your nearest FedEx drop-off site.

STEP FIVE: YOUR HEALTH IN YOUR HANDS
We'll email you when your samples have been processed by our lab and reviewed by a board-certified physician. If this is your first myBioIntel test, you’ll receive instructions for accessing our secure online Test Results Portal.

Thank you for choosing myBioIntel! Questions? See www.mybiointel.com or call us at 1-888-757-8840.