

American Diabetes Association.  
**CheckUp America™**

**CHOLESTEROL  
 PANEL**

**INSTRUCTIONS  
 FOR USE**

Brought to you by  
 the American Diabetes Association  
 and Home Access Health Corporation

**2 REVIEW KIT CONTENTS**

Check to be certain you have the following items  
 (if something is missing, call 1-800-871-6080).

-  1 Bandage
-  2 Safety Lancets
-  1 Gauze Pad
-  1 Sample Collection Cassette
-  1 Things You Should Know To Keep Your Heart Healthy
-  1 Sample Pouch (DO NOT OPEN)
-  1 Return Mailer
-  1 Informed Consent Form

**1 READ THESE INSTRUCTIONS  
 before you begin**

- To ensure testing accuracy, you must **FAST** before collecting your blood sample (do not eat or drink anything, except water) for at least 9 hours, ideally 12 hours.
- Questions? Call our trained healthcare professionals at 1-800-871-6080, or visit [www.homeaccess.com](http://www.homeaccess.com).
- See how the test is performed by logging onto our website at [www.homeaccess.com](http://www.homeaccess.com) and clicking on "How to Test Video".

**Cautions & Warnings**

- Do NOT use if you have any blood clotting disorder (hemophilia) or are taking prescription medications that thin your blood unless otherwise directed by your doctor.
- During sample collection, use precautions to prevent others from coming in contact with your blood.
- If you feel faint or dizzy, sit down.
- Failure to follow all instructions may result in your sample not being tested.
- Use only with fingerstick blood taken from a human.
- The laboratory won't be able to process an incomplete, soiled or wet sample.
- DO NOT EXPOSE your Sample Collection Cassette to direct sunlight or humidity at any time. Store this kit at room temperature.
- Your sample is perishable. Mail your sample the same day you test.
- Use this kit before the "Use By" date printed on the outside of the kit.
- Keep out of reach of children.
- Use by persons under 18 years of age has not been evaluated. Not for use on neonates.
- Consult your doctor before making any changes to your current treatment or medications.

**3 PREPARE COLLECTION AREA**

- Be sure the area is bright and well-lit.
- We suggest standing while collecting your sample.
- Choose a clean, dry counter or table to perform your test.

**NOTE: A soiled or wet sample cannot be processed.**



# 4

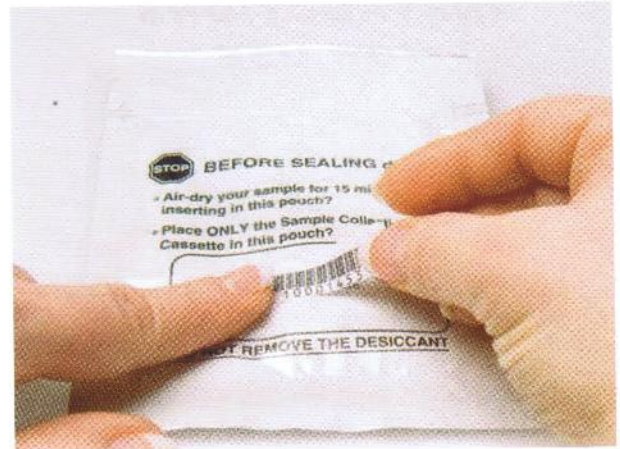
## COMPLETE YOUR PAPERWORK

For this step, you will need the **Informed Consent Form, Sample Pouch and Return Mailer.**

- Read and answer each question on the Informed Consent Form.
- Remember to sign and date the bottom of the form.



- Peel the bar-code sticker from the upper right-hand corner of the Informed Consent Form. Apply the bar-code sticker to the front of the **Sample Pouch.**
- **DO NOT** open the Sample Pouch until you are ready to package your sample for shipment.
- Keep the bottom (yellow) copy of the Informed Consent Form for your records. Place the top (white) copy inside the **Return Mailer.**



# 5

## GET READY TO COLLECT YOUR SAMPLE

For this step, you will need the **Lancets, Sample Collection Cassette, Gauze Pad and Bandage.**

- Wash and clean your hands with soap and **very warm water.** Make sure your hands are **free of any lotions or creams.** Dry your hands completely.
- Warming your hands is the most important thing you can do to obtain a good blood sample.

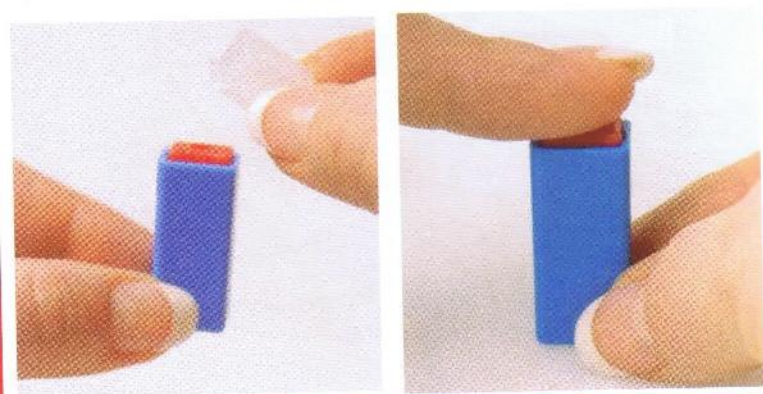


- Rub your hands together for at least 15 seconds to stimulate blood flow.
- Choose a puncture site on the soft side of your fingertip, slightly off-center.
- Generally, the middle or "ring" finger works best.
- If your hands are calloused, use your "pinky" finger.
- Place the Sample Collection Cassette and the opened Gauze Pad and Bandage in front of you.



# 6 PRICK YOUR FINGER

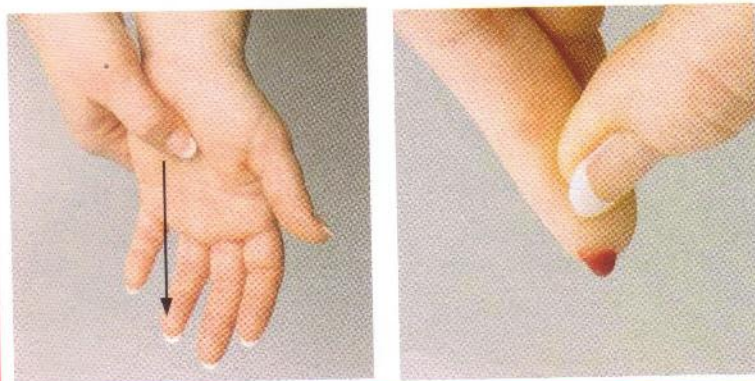
- Remove the clear plastic top from the Lancet.
- Place the Lancet on a counter or table with the red area facing up. **DO NOT TOUCH** the red area.
- **FIRMLY PUSH** and **HOLD** your finger against the red top to trigger the Lancet.



# 7 C O L L E C T

## 7A

- With your finger pointed down, **GENTLY** squeeze from your wrist to the puncture site.
- This should produce a large “hanging” drop of blood.
- Use the Gauze Pad to firmly wipe your finger if blood is not yet flowing.
- Avoid excessive squeezing or “milking” of the finger.

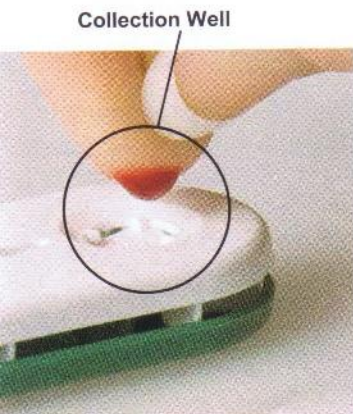


# E C T Y O U R S A M P L E

## 7B

**Place the blood drop in the Collection Well.**

Generally, 4 large drops of blood are necessary for the **Indicator Window** to turn red.



## 7C

To increase blood flow, **FIRMLY** wipe your finger with the Gauze Pad between each drop of blood.



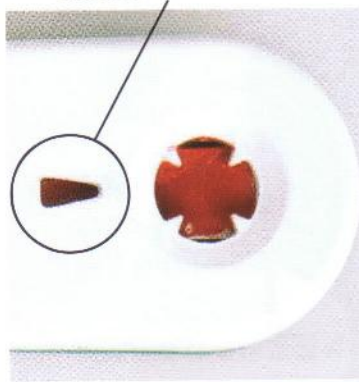
## 7D

- **Repeat** Step 7 until the well is completely filled and the Indicator Window turns red; **generally 4 large drops**.
- When finished, place the bandage on your finger.

**If the indicator does not turn red, call 1-800-871-6080 before using the 2nd lancet.**

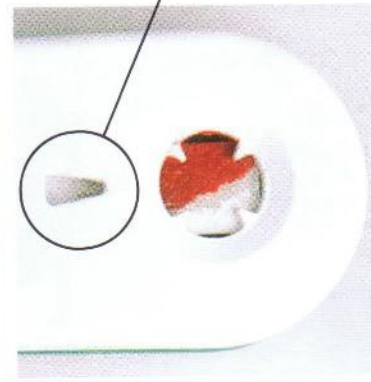
## RIGHT

Indicator Window is Red



## WRONG

Indicator Window is NOT Red



## 8

## PREPARE YOUR SAMPLE FOR SHIPMENT



For this step, you will need the Sample Collection Cassette, Sample Pouch, Informed Consent and Return Mailer.

- Allow your sample to air dry for 15 minutes.
- Do not touch the collection strip.
- **Do not expose the sample to direct sunlight or humidity.**
- Open the Sample Pouch by cutting or tearing at the v-shaped notch.
- **Do not remove the desiccant packet from the pouch.**
- Place the Cassette inside the Sample Pouch.
- Seal the Sample Pouch securely; making sure it is air-tight.



- Place the sealed Sample Pouch in the Return Mailer.
- Before you seal the Return Mailer, did you:
  - Apply the bar-code sticker from the Informed Consent to the Sample Pouch?
  - Include the white copy of the Informed Consent?
  - Carefully seal the cassette inside the Sample Pouch with the desiccant intact?



## 9

## MAIL YOUR SAMPLE PROMPTLY

- **MAIL THE SAME DAY YOU COLLECT YOUR SAMPLE - we must receive your sample within 7 days of collection or you may not get a result.**
- Place the sealed PREPAID Return Mailer inside any U.S. Post Office mailbox.
- Results will be mailed to you, generally within 3 business days of receipt of your sample.



## CheckUp America<sup>SM</sup>

Our healthcare professionals are here to answer any questions you may have.

Call us at 1-800-871-6080, Monday-Friday, 6:00 am to 7:00 pm, Central Time.

You can also visit [www.homeaccess.com](http://www.homeaccess.com) to view our on-line video.

The CheckUp America Cholesterol Panel has been created to provide you with a complete cholesterol profile using blood from a simple fingerstick. High cholesterol is one of the major risk factors for heart disease, so managing your cholesterol is an important component of your overall good health. The CheckUp America Cholesterol Panel provides you with quantitative analysis of Total Cholesterol, HDL-Cholesterol (good cholesterol), Triglycerides and LDL-Cholesterol (bad cholesterol).

A single point cholesterol measurement may not represent an individual's usual levels. Therefore, before any treatment decision is made, at least two measurements of cholesterol on separate occasions should be available for your doctor's review. We also recommend that you discuss with your doctor the recommended frequency for cholesterol profile testing.

**AUTHORIZATION STATEMENT:** By mailing your sample, you agree to allow a clinical laboratory to test your sample. You also agree that Home Access Health may, if necessary, contact you about your sample.