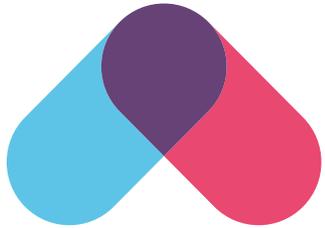


Please read carefully

Instructions



Start by watching our tips video at thriva.co/health-kit

Remember the following things...

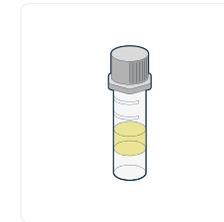
- ✓ Take your test Monday to Friday and make sure you post it the same day. We recommend in the morning after fasting for at least 8 hours.
- ✓ Ensure you are well hydrated.
- ✓ Make sure your hand is really nice and hot, the heat will increase your blood flow and make the process easier. The best time to do it is after a hot shower or after soaking your hand in hot water for a few minutes.
- ✓ Collecting your sample should take under five minutes. If the blood flow stops it is important that you re-pierce with a spare lancet.
- ✓ Make sure not to squeeze your finger on or near the actual piercing.



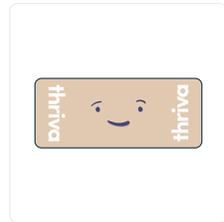
Thriva is for 18+ only!

Turnover for the instructions

What's in your kit?



Collection tube(s)



Plaster x2



Alcohol swab x1



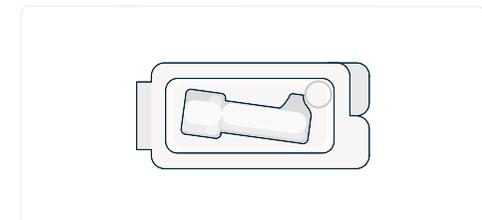
Lancet x3



Cleansing wipe x1



Collection tube label(s)



Protective plastic wallet(s)

You will also find a return form and pre-paid mailer

thriva.co



PREPARE

01

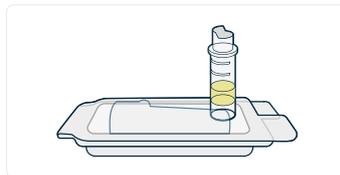
Make sure you read the tips on the reverse before you start.

Fast for at least 8 hours before taking your sample.



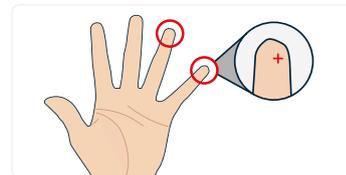
Set up

1. Remove the cap from the tube(s) and stand in the plastic wallet(s).
2. Prepare the plaster and have a clean tissue ready.
3. Soak your non-dominant hand in hot water for a few minutes and dry well. It is important that your hand is hot.



Select finger

1. Wipe the little finger of your non-dominant hand with the alcohol swab and let it dry.
2. The best place to use the lancet is on the outer centre of your fingertip.



SAMPLE

02

Use the lancet

1. Twist off the lancet top. Don't worry, you won't see a needle.
2. Stand up and press the lancet firmly down on your finger.
3. Wipe away the first drop of blood with a clean tissue.



Massage hand

1. Massage down your hand firmly, starting from the palm all the way to the end of your finger making sure not to squeeze on the piercing.
2. If the flow stops at any time, you will need to re-pierce with a spare lancet.



Fill and invert

1. Note the colour of your tube(s):
Yellow cap: Fill to the top line. Don't be alarmed if the blood clots.
Purple cap: Fill to the bottom line and be sure to invert immediately.
2. Push the cap(s) on until it clicks, and gently invert the tube(s) 10 times but do not shake.

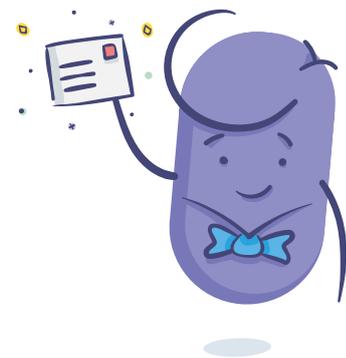
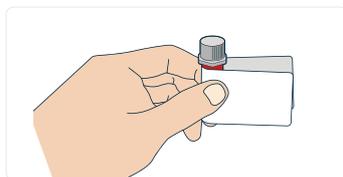


SEND

03

Label and post

1. Fill in your information on the collection tube label(s) and apply around the tube(s).
2. Secure the tube(s) in the protective plastic wallet.
3. Fill in the return form.
4. Refer to the checklist below and make sure you have included the correct items in the Freepost mailer.
5. Seal the mailer and post the same day in any post box.
6. Please dispose of the kit box, do not include in the mailer.



Checklist

- Completed return form
- Labelled blood collection tube(s) inside protective plastic wallet(s)
- Used and unused lancets for correct disposal

You are now ready to seal the pre-paid mailer.
Post your samples as soon as possible from any post box.

For assistance please contact support@thriva.co