IMPORTANT



Collection, Consent and Shipping Instructions for Insurance

Thank you for taking this step to protect your family with insurance. Please read the instructions below on how to easily and quickly collect an oral fluid sample, complete the consent form and send to the laboratory for testing.



COLLECT SAMPLE

- 1. Open the package and remove the oral fluid device.
- 2. Place the pad in your mouth between your lower cheek and gum. Rub it back and forth to get it wet, then keep in place for at least 2 to 5 minutes with your mouth closed.
- 3. Carefully push the pad all the way into the vial until it touches the bottom, making sure not to spill the blue preservative solution. Be careful not to break the tip of the vial. Bend the stick handle and snap off the upper half. Put the cap on the vial. (See visual instructions on the outside of the device packaging.)
- 4. Write your name and collection date on the label on the side of the collection vial.



COMPLETE CONSENT FORM

- 1. Complete the consent form and sign (Signature #1). A sample consent form is on the back of this sheet, required fields are highlighted.
- 2. Sign the tamper-evident tape on the bar code strip at the bottom of the consent form (Signature #2).
- 3. Please double check that you have signed both the consent form and vial label.



SHIP SAMPLE

- 1. After signing the tamper-evident tape on the bar code strip at the bottom of the consent form, center the tape over the cap and press down on both sides of the vial.
- Place the labeled collection vial and consent form in the ExamOne plastic mailer bag, seal it and then place into the Planete Courier shipping bag.
- 3. Seal the bag and affix the Canada Post preprinted label to the outside of the shipping bag. Place in Canada Post within 48 hours.



SAMPLE CONSENT FORM INSTRUCTIONS

Please complete all required sections, then double check that you have signed both the consent form and vial tape (*Signature #1 and Signature #2 noted below*). After signing the tamper-evident tape on the bar code strip, place it over the vial cap as pictured.

