

# Hello. Welcome to Your COVID-19 Test Kit.

## What's in the kit?



Test Request Form



Collection Tube



Swab



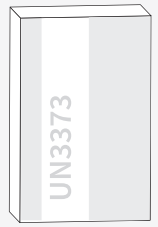
Absorbent Pad



Specimen Bag



Small Shipping Box



Return Overpack

## Let's Get Started.

### Here's a quick overview.



#### Get to Know Your Kit

- Read and follow all instructions included in this kit and provided during your telehealth call.



#### Log-In and Schedule a Telehealth Call

- Make sure you can get to a FedEx Ship Center\* within 24-hours of your telehealth call to return your completed kit.



#### Connect with a Clinical Supervisor

- This test must be conducted under clinical supervision. To ensure your specimen is valid, only collect specimen during a telehealth call.



#### Complete Test and Paperwork

- Use legal address, genuine date of birth, and complete full name as written on your state ID (no nicknames) to complete in-kit paperwork.



#### Package and Mail

- Before mailing ensure the specimen screw cap is closed tightly, the specimen bag (with completed Test Request Form in the outer pocket) is sealed and stowed in the small shipping box, and the box is sealed and stowed in the return overpack.
- Bring the package to an approved FedEx shipping location\* before the last pickup of the day to ensure the specimen reaches the lab in time.



#### Get Your Results Online

- Results will be ready 24–48 hours after your specimen reaches the lab.
- When results are ready, you will receive an email and/or text notification with additional instructions to access results.

## Clinician Observed Anterior Nasal Swab Instructions

### Caution

- Use only materials provided in your kit to collect and store sample.
- Only begin specimen collection after joining a telehealth call.
- When collecting specimen, be careful not to spill the liquid in the collection tube. Do not drink the liquid.

### Get to Know Your Kit

- Read through these instructions in full to familiarize yourself with processes and procedures
- Inspect contents in the kit to ensure all pieces are included and undamaged. If you have any issues, contact customer support.
- Securely store your kit to ensure no pieces are misplaced between time of receipt and test completion.

### Schedule Telehealth Call

- Immediately after receiving kit, log in to the participant portal.
- Find At-Home Test COVID-19 under My Orders and tap or click “Schedule a Call”
- From pop-up window, select the date and time for your telehealth appointment and tap or click “Confirm Appointment”.
- An on-screen prompt and email notification will confirm your appointment.
- You will receive an email reminder one hour prior to the appointment with the option to cancel or reschedule.

[>>>Begin here if returning to start your scheduled appointment<<<](#)

### Prior to Telehealth Call

- On the day of the test, don't use nasal sprays, saline irrigation, or nasal medications prior to specimen collection.
- Before starting your telehealth call, ensure you have access to hand sanitizer with at least 60% alcohol to clean hands before and after specimen collection.
- Test your communications equipment (camera and sound) and ensure you have adequate signal strength and power to conduct your call.
- Find a quiet, well-lit place and securely prop up your device so the camera will be at eye level.
- Place all kit contents on a clean, dry surface.

### Join Telehealth Call

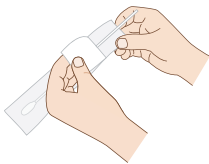
- At the time of your appointment, both a text message and email notification will be sent prompting you to join your telehealth call. The text message includes a link to join the call directly. The text message also includes a PIN; you must use this PIN to join the call if using the email link.
- After joining the call, tap or click “Allow” to grant access to the microphone and camera on your device (this is required to conduct the telehealth call).
- Work with your clinical supervisor to collect and secure your specimen. Feel free to ask questions and repeat back instructions for verification.

### Prepare to Collect Specimen

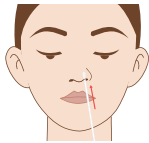
- Place all kit contents on a clean, dry surface.
- Remove specimen collection tube from its packaging.
- Complete Test Request Form, filling in ALL fields completely and legibly. (If you skip this step, the lab will not process the kit.)
- Apply a sticker label from Test Request Form to a blank space on collection tube.

### Under Clinical Supervision, Collect Specimen

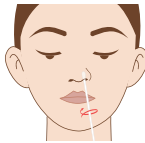
3



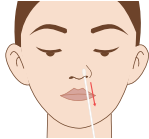
4



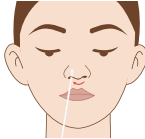
5



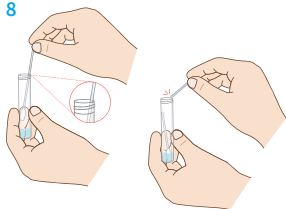
6



7



8



#### Initial set-up

1. Open the sampling kit
2. Apply hand sanitizer with at least 60% alcohol.
3. Remove the swab from the container, being careful not to touch the soft end with your hand.

#### Sample collection

4. Insert the swab into your nostril. Do not insert it more than half an inch into your nostril.
5. Slowly twist the swab, rubbing it along the insides of your nostril for 15 seconds.
6. Gently remove the swab.
7. Using the same swab, repeat steps 4-6 in your other nostril.

#### Preparation of sample for return

8. Place the swab in the sterile tube and snap off the end of the swab at the break line. Place the cap on the tube.

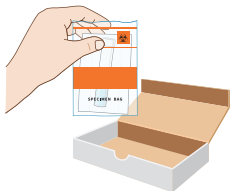
10



9. Re-apply hand sanitizer.
10. Place the tube containing the swab in the biohazard bag provided and seal the bag.
12. Throw away remaining sample kit items.
13. Re-apply hand sanitizer.

### Conclude Telehealth Call, Package Specimen, and Ship

4



1. When call complete, tap or click red phone icon to end (if you do this by accident don't worry, you will see a prompt to rejoin).
2. Once call is ended, make sure cap on specimen tube is tightly closed.
3. Fold completed Test Request Form in half three times to one-eighth size and insert into outer pocket of specimen bag. (This acts as cushioning.)
4. Fold specimen bag over, fit into small shipping box, and close securely. (You can be rough.)
5. Insert secured shipping box into labeled UN 3373 return overpack, remove inner strip to expose adhesive, and press firmly to make sure overpack is completely sealed.
6. Within 24 hours of specimen collection, drop off sealed return overpack containing your specimen at an authorized FedEx Ship Center\*.

### Receive Results

- Results post 24–48 hours after specimen arrives at the lab.
- Once results are posted, you will receive a text and/or email with instructions to log in to your account and receive your results.

## Questions?

Contact Customer Service  
 M–F 8AM to 8PM ET  
[support@bioiq.com](mailto:support@bioiq.com)  
 877-862-4647

\*Only authorized FedEx Ship Centers that are certified to handle dangerous goods can accept Biological Substance, Category B (UN3373) shipments for FedEx Express®. To find return-shipping locations near you, visit <https://local.fedex.com/>. After entering your location and clicking the Search (ICON) button, click “More filters” just above the search results, choose “Dangerous Goods Shipping,” and click “Apply Filters.”

- This test has not been FDA cleared or approved;
- This test has been authorized by FDA under an EUA for use by authorized laboratories;
- This test has been authorized only for the detection of nucleic acid from SARS-CoV-2, not for any other viruses or pathogens; and
- This test is only authorized for the duration of the declaration that circumstances exist justifying the authorization of emergency use of in vitro diagnostics for detection and/or diagnosis of COVID-19 under Section 564(b)(1) of the Act, 21 U.S.C. § 360bbb-3(b)(1), unless the authorization is terminated or revoked sooner.