

everlywell

Fecal Immunochemical Test (FIT)

Instructions for use
with request for
healthcare provider information

1

Read these instructions before you begin

- The stool sample you collect will be tested in a professional laboratory for the presence of blood.
- There is no dietary restriction or special preparation required before using this collection kit.
- Questions? Call our trained customer service professionals at +1 855-923-2678.

Cautions and Warnings

- Use this kit before the "Exp. Date" date printed on the outside of the kit.
- Failure to follow all instructions may result in your sample not being tested or invalid test results.
- Your sample is perishable. **Mail your sample the day you collect it.**
- If you are experiencing rectal bleeding or if you are menstruating, use this sample collection kit when the bleeding has stopped. If bleeding persists, see your doctor.
- Do not open the foil covering the bottom of the collection tube; do not empty the fluid in the tube.

2

Review kit contents

Check to be certain you have the following items (if something is missing, call +1 855-923-2678).



Folded collection paper



Sample collection tube



Absorbent pad (for sample collection tube handling)



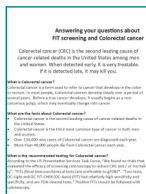
Return mailer



Patient info card



Biohazard bag (for sample packaging)

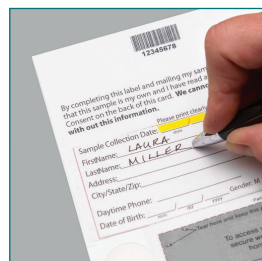


Answering your questions about colorectal cancer

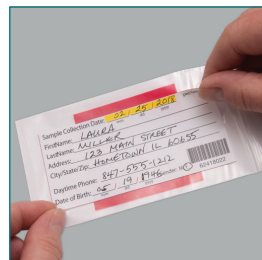
3

Complete your paperwork

To complete this step, you will need the **patient info card** and the **biohazard bag**.



3a. Complete the **label** on the patient info card.

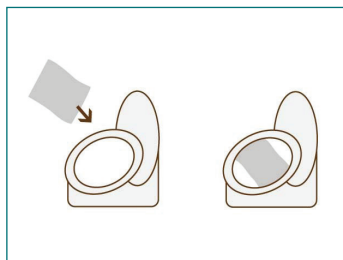


IMPORTANT! Your label must be complete and must include your **collection date** and your **healthcare provider's contact information**. If you do not have a healthcare provider, call your health plan using the number listed on the back of your member card.

3b. Peel the label from the patient info card; stick the label on the biohazard bag.

4 Collect your sample

To complete this step, you will need the sample collection tube and the folded collection paper. Remember to collect your stool sample **before** the paper sinks and sample touches water. Questions? Call +1 855-923-2678.



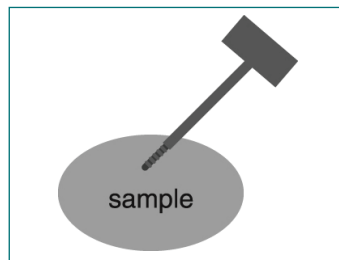
4a.

- When you are ready to have a bowel movement, unfold the **collection paper** and place paper inside toilet bowl, on top of water.
- Deposit stool sample on top of collection paper.



4b.

- **Twist** green cap on **sample collection tube** to open.
- Do not empty fluid from collection tube.



4c.

- Scrape the surface of the stool sample with the sample probe.
- Cover the grooved portion of the sample probe completely with stool sample.



4d.

- Insert sample and sample probe back into collection tube.
- Snap the green cap on tightly.
- **Do not reopen the tube.**

Collection paper is biodegradable and will not harm septic systems.
Flush collection paper after you have collected your sample.

5 Prepare your sample for mailing

To complete this step, you will need the sample collection tube with your sample, pad, biohazard bag, and return mailer.



- 5a. Wrap the absorbent pad around the closed sample collection tube.

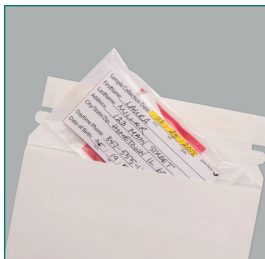
- 5b. Place the tube and pad in the biohazard bag.

- 5c. Seal the biohazard bag securely.

Remember to include collection date.

- 5d. Insert the biohazard bag with your sample inside the return mailer.

- 5e. Seal the return mailer securely.



6 Mail your sample promptly

Place the sealed PREPAID Mailer inside any U.S. Post Office mailbox.

IMPORTANT! Your sample is perishable. Mail your sample promptly – the same day you collect it.

Keep your wallet card, with your sample ID, until you receive your results.

You will receive your results in the mail. You can also access your results securely online at everlywell.com/members. If you have questions, call our customer service team at +1 855-923-2678, or reach us at membersupport.everlywell.com.

Remember that it may take several days to receive your results. Mail times vary and affect delivery of your sample to the testing lab **and** delivery of results back to you.