

What Happens Next?



Questions?
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Base

Energy

Test Kit

Your Kit Includes:



2 Lancets



1 Alcohol Prep Pad



1 Blood Spot Card



1 Biohazard Bags



1 Gauze



1 Return Label

1
Once your test is received by our lab partners, they will process your sample and confirm your results with our medical staff.

2
Your results will be reviewed and transferred to our Mox team.

3
From there, we will populate your results to the app and share personalized recommendations based on your biochemistry.

1 Register your home test kit

To register your kit, download the Base app in the Apple App Store and create an account. Please note that you need to **complete your 2 mins medical questionnaire** for our lab to process your sample.

Don't forget to watch the how-to video in the app Tracking section.

2 Prerequisites

Clean hands under warm water and dry thoroughly.

Drink up! To help increase blood flow drink at least one full cup of water. The more, the merrier. Find a surface where you can comfortably sit and rest your hand over a table at 45 degrees.

3 Collect



Step 1 Wipe ring/middle finger with alcohol prep pad provided. Massage your finger tip until it becomes red.



Step 2 Using the lancet, prick the side of your finger & wipe the first drop with gauze provided.



Step 3 Give a moderate squeeze in the center of your finger, slightly below the prick.



Step 4 Hover finger over the blood spot card and completely fill each circle without any contact to the card. (Be sure not to overflow. One or two drops should fill a circle).

Once completed, hold constant pressure to your finger with gauze provided (3-5 minutes) to stop bleeding.

4 Wrapping Up

Let the blood spot card air dry, uncovered for 30 minutes. Once dried, place the blood spot card into the biohazard bag provided.

Place the sample back into the test kit box, slip the box into the shipping bag, and place on the provided shipping label and post in your local USPS Priority Mail box.

For best results ship as soon as possible after collection. We recommend same or next day.

Dispose of the used lancet (and the spare lancet) in the second biohazard bag provided, then place in the trash. The second lancet is a spare, dispose of that too.