



SoWell

HEALTH

The Fasting Method Testing Demonstration

Before we begin

- Is everyone fasted?
- Make sure you are drinking water during the sample collection.
- Please have all of your supplies in front of you ready to go.
- Remember to register your kit following this demonstration.



Bad Sample Collections



Good Sample Collections



Questions?



Time for the Collection

Prepare Sample

Place the blood collection cards on a clean, dry surface. Make sure your name, DOB and today's date are written on both cards.

Prick Your Finger

Use the lancet to prick your clean finger. We recommend pricking your non-dominant hand.

Collect Sample

Let blood freely flow from finger to sample collection card. 4-6 drops of blood. Do not touch card.

Let sample dry for 60 minutes before placing them in the foil pouches. Our lab must receive both collection cards.



Remember to Register Your Kit!

1. Go to getsowell.com/register
2. Log in to your account
3. Click 'Register a New Kit'
4. Type in your Kit ID located on your registration card

Email us at support@getsowell.com if any questions come up

