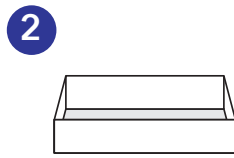


Return Instructions

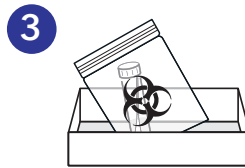
Double check that you registered your sample at everlywell.com/register and added the sample ID sticker with your information to the sample tube.



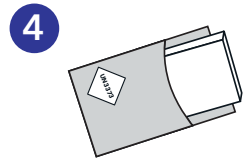
1 Wash your hands
Wash your hands thoroughly with soap and water for 20 seconds.



2 Assemble box
Assemble your shipping box. Watch our box assembly video at everlywell.com/collect.



3 Prepare sample
Place your biohazard bag inside the box. The box provides extra protection during transit.



4 Put box in mailer
With clean hands, place the shipping box into the prepaid mailer. Apply the shipping label to the front of the envelope.



Alcohol prep pad

5 Disinfect the mailer
Use the provided alcohol prep pad to disinfect the mailer, avoiding the address label, before completing the final shipping step.



6 Ship
Deliver the pre-paid, pre-addressed return pack to the appropriate carrier's drop box. It's important you drop off your sample on the same day you collect before the last pickup for overnight shipping. Do not deliver sample to a drop box on the weekend.

Questions?
support.everlywell.com
contact@everlywell.com
855.422.3855



IS-EVW-COVID-F002

Check the status of your order any time by going to everlywell.com/orders

1. Once your sample is received, the lab will process your sample, assuming it passes all quality checks. We'll contact you if there are any issues.
2. A board-certified physician will review your results and securely transmit them to us.
3. We'll email you as soon as your results arrive.

What's next?

COVID-19 Test Home Collection Kit

Instructions

Your kit includes:



Swab and tube



Kit ID stickers



Biohazard bag



Absorbent sheet



Return box



Return envelope



Return label



Alcohol prep pad

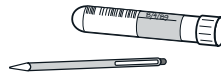
Important Reminder

Be sure to complete these 3 steps before mailing your kit.

Register kit



Fill out kit ID sticker



Same day ship



Visit www.everlywell.com/register and complete your registration.

The lab **can only** process your samples if you:

- Register your sample at [everlywell.com/register](https://www.everlywell.com/register)
- Fill out ID sticker and affix to your sample tube
- Ship samples the same day you collect

Sample Collection Instructions

Please follow all instructions closely to ensure proper precautions are taken for packaging and sending COVID-19 samples to our collection labs. Make sure you can ship the same day you collect.

1



Register

You must register your kit at [everlywell.com/register](https://www.everlywell.com/register) before you collect. This lab cannot process your sample if this step is missed.

2



Locate drop box

Check your return label to determine if your package will be shipped via FedEx or UPS. Visit the carrier's website to view drop box locations and pick up schedules. Do not deliver sample to a drop box on the weekend. Drop off your sample on the same day you collect before the last pickup.

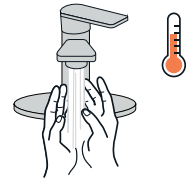
3



Fill out kit ID sticker

Place sample ID sticker on the collection tube. Write your full name, date of birth, and the date of collection. Do not pour the liquid out of the tube.

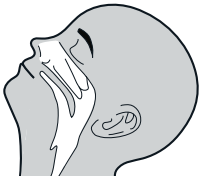
4



Prep for collection

Disinfect surfaces where you will be completing your test. Blow your nose. Then thoroughly wash your hands with soap and water for 20 seconds prior to collection.

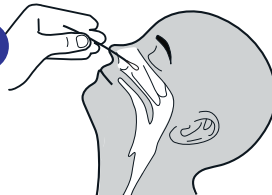
5



Position your head

Tilt your head back to approximately a 45 degree angle.

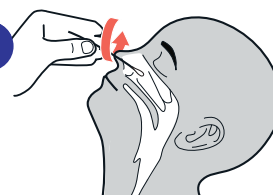
6



Insert nasal swab

Gently and slowly insert the swab into your nostril, parallel to your mouth, about 2-4 cm until resistance is met. The stopper on the shaft of the swab should not go past the edge of your nostril.

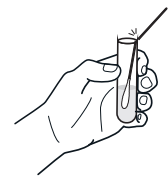
7



Collect swab sample

Rotate the swab 3 times all the way around the nasal wall with a slight pressure. Repeat this process in the other nostril using the same swab.

8



Place the swab sample in the tube

Put the swab (tip down) into the tube. Hold the tube away from your face and break the swab at the perforated line. Leave the swab in the tube, and don't spill the liquid. Tightly seal cap.

9



Absorbent sheet

Place tube into bag

Place absorbent sheet and sample tube into the protective biohazard bag. Follow return instructions on the reverse.

What's next? →