



**Body
CheckUp**

your health in your hands

INSTRUCTIONS

Follow the steps to take your samples easily and conveniently

www.bodycheckup.com



INSTRUCTIONS AND INFORMATION BEFORE YOU START



SELECT YOUR
LANGUAGE

WHEN SHOULD THESE TESTS BE TAKEN?

- All samples must be taken in 48 hours maximum from Sunday to Wednesday
- The Cortisol cycle on Day 1 and Day 2 (DHL pickup day)
- Take the other samples (preferably in the morning)

CAUTION, FOR TRANSPORT REASONS:
Do not take your test after noon on Thursday, the weekend, or the last day or two before a public holiday.



CAUTION

- **DO NOT TAKE** these tests if you feel weak
- **IF YOU DO NOT FEEL WELL** during the sampling, be sure to contact a doctor or seek emergency attention if you feel unwell
- **THE WHOLE PROCESS** of sampling (excluding Cortisol) lasts 30min
- **BEFORE EACH TEST** clean your hands



THE KEY STEPS



01. Register your kit



Go to your Bodycheckup.com profile, click on “register your kit”, fill in the unique number of your Kit that starts with the letters BCU. It is available on your personal card code (blue flyer) or on the side of your kit and follow the steps.

CAUTION:

Save your kit before you start the sampling, we will not be able to analyse your samples if you are not registered.



02. Collect your samples

Complete your personal card  and place it in the return box .

Follow the steps in the user manual to conduct your tests in the best conditions, you can find an explanatory video on each of the tests as well as our recommendations and the list of equipment.



03. Send your samples

Properly perform the Cortisol cycle test (page 8), and book an appointment with DHL (mydhl.express.dhl) the day before the other samples.

To arrange the return of your samples to the lab, please find all the information on page 20.



1



Let's start your
preventive Healthcare

1 REGISTER your box

2 COLLECT your samples

3 SEND your samples

5

6

6bis

7

2

3

4

10

8

9



EQUIPMENT IN YOUR KIT

- 1 Steps to register your BodyCheckup kit at www.bodycheckup.com
- 2 Oral and salivary sampling tube
- 3 Cotton buds for oral and salivary sampling
- 4 5 tubes for salivary sampling without cotton bud
- 5 QR code to follow the video instructions
- 6 1 tube for stool sampling (empty)
- 6^{bis} 1 tube for stool sampling (full)
- 7 Tube for urine collection
- 8 3 lancets for blood samples (leave the caps closed until it is time for the blood sample)
- 9 2 tubes for blood samples
- 10 Box to return your samples





EQUIPMENT IN YOUR RETURN BOX

- 10 Box to return your samples
- 11 2 carrying pouches
- 12 2 Bandages
- 13 Safety bag
- 14 Urine collector
- 15 Plastic pipette (urine)
- 16 2 disinfectant compresses
- 17 2 compresses
- 18 4 minivettes
- 19 Your personal card that needs to be returned
- 20 Stool collector



SALIVARY TEST

cortisol cycle



4

5 tubes are provided, numbered from 1 to 5. Put your saliva in 5 tubes following the sampling schedule.

**OPENING CAN BE DIFFICULT,
PULL UP TO OPEN THE TUBES.**



WATCH THE VIDEO TO FIND
THE SAMPLE



CAUTION

- **COLLECT**
pure saliva that is not contaminated by sputum or bleeding gums
- **ONLY BRUSH**
your teeth after the second sample
- **BOOK AN APPOINTMENT**
with DHL on the day you collect this test



> **01**

In the morning when you wake up, in tube 1



> **02**

In the morning 30 min after waking up in tube 2



> **03**

At 12PM, in tube 3



> **04**

In the evening at 6pm, in tube 4



> **05**

In the evening at 10 pm in tube 5

IMPORTANT !

IF THE SAMPLE LOOKS PINK, IT IS CONTAMINATED AND THEREFORE CANNOT BE USED. RINSE THE TUBE WITH CLEAR WATER AND TAKE ANOTHER SAMPLE.



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SALIVARY TEST TUBE 2



2
3

The samples are taken using the cotton bud.

RESPECT THE RUBBING TIMES INDICATED TO PERFORM THE TEST IN THE BEST POSSIBLE WAY.



WATCH THE VIDEO TO FIND THE SAMPLE



CAUTION

- **DO NOT EAT,** drink, smoke or chew gum 30 minutes before taking the saliva sample
- **DO NOT EMPTY** liquid inside of the tube



> **01**

*
Open sterile packaging and take out the cotton bud ☺



> **02**

Insert the cotton bud in your mouth and rub the inside of your cheeks for 30 seconds



> **03**

After sampling, transfer the cotton bud into dedicated tube ☺ and break the stem at the breakage level indicated in red. The part that was used for sampling remains in the tube



> **04**

Remember to close the tube properly

*

IMPORTANT !

DO NOT TOUCH THE TIP OF THE COTTON BUD WITH YOUR FINGERS



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URINE TEST



7
14
15

Fill tube number ⑦ three quarters full

THE URINE RECEPTOR IS THERE TO HELP YOU FILL THE TUBE.



WATCH THE VIDEO TO FIND
THE SAMPLE



CAUTION

- **DO NOT RINSE** the container
- **COLLECT** the first urine of the morning or of the middle of the night
- **COLLECT FROM** your shower, bath or preferably above your toilet



> **01**

Urinate directly in tube number ⑦ or in urine collector ⑭



> **02**

If you urinate in the urine collector: after the collection, put your collected urine into tube number ⑦ or use pipette ⑮ to transfer your urine from the collector to the tube



> **03**

As soon as the tube is 3/4 full, do not forget to properly close the tube



IMPORTANT !

DID YOU REMEMBER
TO CONTACT DHL?



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STOOL TEST



6

6^{bis}

20

Take the two tubes provided for stool sampling: tube 6 and 6^{bis} before going to the toilet

THE TUBE CAPS ARE FITTED WITH SMALL SPOONS TO PERFORM THE TEST. FILLING THE SMALL SPOON IS SUFFICIENT FOR ANALYSIS (DO NOT DETACH THEM).



WATCH THE VIDEO TO FIND THE SAMPLE



CAUTION

- **OUTSIDE**
of any antibiotic therapy (about 2 weeks before)
- **DO NOT CHANGE**
your eating habits
- **DO NOT USE**
a suppository, do not take laxative, do not take transit-slowing medication such as Imodium®, Smecta® 24 hours before
- **DO NOT EMPTY**
liquid inside the tube



> **01**

Place the stool collector ② on the edge of your toilet. Place your stool



> **03**

Next, flip the tube for about 15 seconds, without shaking, so that the stools are soaked through and remain immersed in the tube. Close the tube properly



> **05**

Remember to close the tube properly



> **02**

Take a stool sample with the spoon fixed under the ③ tube cap without detaching it. Just fill the spoon (no diarrhoeic stools); the spoon containing the stool is immersed in the liquid and the vial must be hermetically sealed



> **04**

With the second tube, take a stool sample with the spoon attached under the cap of tube ④ without detaching it

IMPORTANT !

SAMPLE SHOULD NOT TOUCH THE INSIDE OF THE TOILET / COLLECTING THE STOOL (WITHOUT URINE)



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BLOOD TEST



x2



Drink water 30 min before. Wash your hands for 3 min under warm water to facilitate blood flow. It is better to use the ring finger.



WATCH THE VIDEO TO FIND THE SAMPLE



CAUTION

- **ACTIVATE**
your blood flow by staying in motion
- **HEMOPHOBIC**
Do not hesitate to ask someone close to you to prick your finger
- **DO NOT PERFORM**
this test if you feel weak
- It may be a bit **PAINFUL**



> 01

Prepare the necessary items on a table, place the finger you intend to prick on the table. Disinfect it with the disinfectant compress ⑯



> 05

Install tube ⑧ open the cap, insert minivette ⑭ Then press the purple valve to fill the blood into the tube.

Once you have pressed the valve, the minivette can no longer be used



> **02**

Open lancet ② that is designed to prick your finger by turning the cap. Place the open lancet on your finger and press firmly. Clean the first drop of blood with the disinfectant compress and massage your finger to get the blood moving



> **03**

You can fill the blood directly into tube ④ where, with the help of the minivettes ⑩ place the tip of the latter on your drop of blood horizontally, collect the blood from your finger.
Do not block the air supply on the purple valve with your finger



> **04**

Fill the minivette with your blood

IMPORTANT !
YOU MAY FEEL PAIN FOR SEVERAL DAYS. IF IT PERSISTS, CONTACT YOUR DOCTOR.



> **06**

Repeat these actions several times with the remaining minivettes until the first tube is filled to 1ml, then proceed with the second tube. Next, disinfect your finger with the remaining compress ⑰



> **07**

Apply the compress on the drop, clean the blood and apply bandage ⑱



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IF YOU DON'T FEEL COMFORTABLE, PLEASE DO NOT TAKE THE TEST OR IF YOU ARE UNABLE TO COLLECT 1 ML OF BLOOD. OTHER ANALYSES WILL BE SUFFICIENT TO ASSIST THE DOCTOR IN EVALUATING YOUR HEALTH.

WHEN ALL TUBES ARE FILLED WITH THE SUFFICIENT AMOUNT

IMPORTANT !
THE DHL VOUCHER IS IN THE
BODYCHECKUP ENVELOPE
PLACED IN YOUR KIT WHEN YOU
OPEN IT.



➤ **01**
Place Personal Card ⑬ in the
Return Box ⑩



➤ **02**
Make sure to place all tubes in
both carrying pouches ⑪



➤ **03**
Place these two enve-
lopes with your tubes
in Safety Bag ⑫



➤ **04**
Close your Safety Bag and place it
in the Return Box



➤ **05**
Close the Return Box with
the 3mm sticker and keep it
somewhere at room tempera-
ture (be careful not to expose it
to the sun)



➤ **06**
Stick your DHL voucher
on the back of your
Return Box



10

Add your personal information card inside.

13

19

Personal Info Card

Place name on side for
recognition and to help
us identify you.

First Name:

Last Name:

Gender: Male Female

Sample collection date:

Personal use only:
 Yes No

Phone:

Email:



11



TO SEND YOUR SAMPLES

- Please use the prepaid DHL voucher and stick it under Return Box
- Find the shipping registration code starting with: **WAYBILL** on the DHL voucher or directly on your Bodycheckup account
- Go to [MYDHL.EXPRESS.DHL](https://www.mydhl.express.dhl)



WATCH THE VIDEO TO FIND
THE SAMPLE



CAUTION

- **BOOK AN APPOINTMENT**
on DHL at least 24H before taking your samples
- **DO NOT SEND**
samples after noon on Thursday, during weekends or the last day or two before a public holiday
- **DO NOT PAY ANYTHING TO DHL,**
transportation is prepaid



> **01**
Where can you find your DHL shipping number?

Then, connect to mydhl.express.dhl and select your location



SCAN ME

- > **04**
Enter your shipping number that appears under the first barcode (without writing WAYBILL) and
- Click on **'Next'**

- > **02**
Once you're on mydhl.express.dhl
- Click on the **'Menu'** button, then
- Click on **'Ship'**
- Then on **'Schedule a pickup'**

- > **05**
Fill in the details of the pickup address, then
- Click on **'Next'**
- Specify the package information (weight 0.3kg/size: 24x12x5cm)
- Click on **'Next'** (be careful not to expose it to the sun)

- > **03**
When asked, "Do you need to create a shipping label?"
- Answer, **"No"**
- Select: **I have a DHL waybill number**

- > **06**
Indicate your time of availability at which you want the driver to pick up the package, then
- Click on **'Schedule Pickup'**

CONGRATULATIONS, EVERYTHING IS IN ORDER! KEEP THE GREEN RETURN BOX AT ROOM TEMPERATURE WHILE AWAITING DHL'S ARRIVAL. YOU CAN SCHEDULE A PICKUP WHEREVER AND WHENEVER YOU PREFER.



Track your samples from your personal account

www.bodycheckup.com

See you soon.



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- SARSIEDT AG & Co. KG - Sarstedtstr. 1, D-51888 Numbrecht, Germany, info@sarstedt.com, +49 (0)2293 305-0
- Becton, Dickinson and Company Limited, Pottery Road, Dun LoaghairCo, Dublin, Ireland, vacutainer_techservices@bd.com, +1 800 631 0174

MEDICAL INFORMATION: IF YOU HAVE ANY CONTRAINDICATIONS RELATED TO OUR TESTS, PLEASE CONTACT YOUR TREATING PHYSICIAN BEFORE PERFORMING THE TEST



- After completing all the steps, you can expect your result within 3-4 weeks.

Download the BodyCheckUp app to track your sample.



DOWNLOAD
THE APP

- Remember that we will need your completed questionnaires to process **your results and the recommendations of the doctors.**

NEED HELP?

CONTACT US AT
CONTACT@BODYCHECKUP.COM
OR ON OUR QUESTION PAGE
ON BODYCHECKUP.COM



