

your health in your hands



**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](https://bodycheckup.com) profile, click on "registermykit", 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 ¹⁹ and place it in the return box ¹⁰

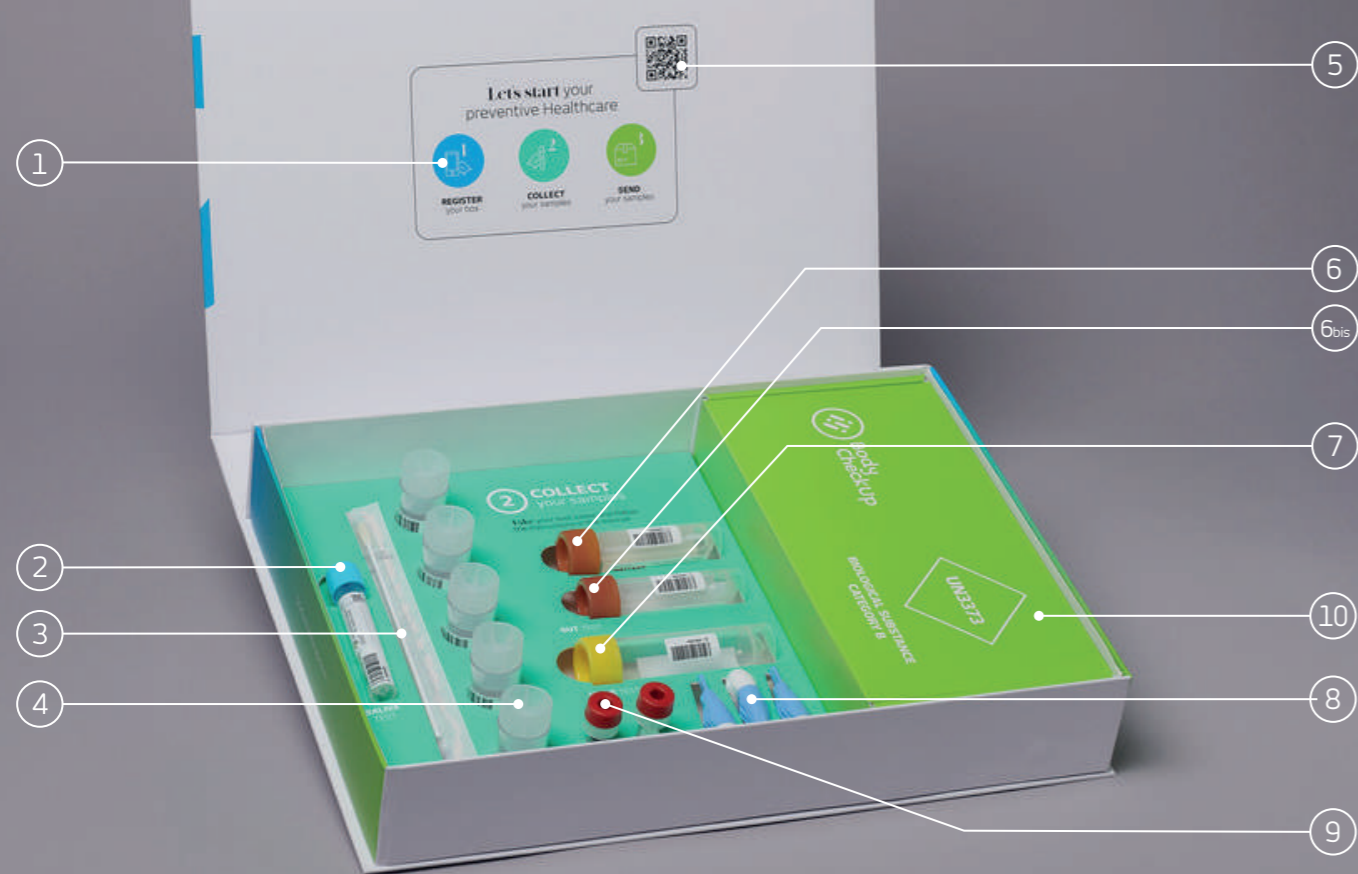
Follow the steps in the user manual to conduct your tests in the best conditions, you can find an explanatory video on each of the tests as well as our recommendations and the list of equipment.



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.



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)
- 6bis 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



x5

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.



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.



CAUTION

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



WATCH THE VIDEO TO FIND THE SAMPLE



> ***01**
Open sterile packaging and take out the cotton bud ③



> **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 ② 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



WATCH THE VIDEO TO FIND THE SAMPLE

URINE TEST



- 7
- 14
- 15

Fill tube number ⑦ three quarters full

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



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, pour 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?



STOOL TEST



- 6
- 6bis
- 20

Take the two tubes provided for stool sampling: tube 6 and 6bis 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 20 on the edge of your toilet. Place your stool



04 With the second tube, take a stool sample with the spoon attached under the cap of tube 6 without detaching it



02 Take a stool sample with the spoon fixed under the 6bis 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



05 Remember to close the tube properly



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

IMPORTANT !

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



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**

It allows you to know your levels of vitamin D, ferritin, iron as well as your tolerance to lactose, gluten and eggs



01

Prepare the necessary items on a table, place the finger you intend to prick on the table. Disinfect it with the disinfectant compress ⑮



05

Install tube ⑨ open the cap, insert minivette ⑮ Then press the purple valve to pour the blood into the tube. Once you have pressed the valve, the minivette can no longer be used

Une fois la valve appuyée la minivette n'est pas plus utilisable



02

Open lancet ⑮ 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



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 ⑮



03

You can pour the blood directly into tube ④ where, with the help of the Minivettes ⑮ 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



07

Apply the compress on the drop, clean the blood and apply bandage ⑮



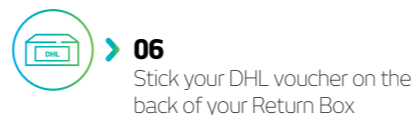
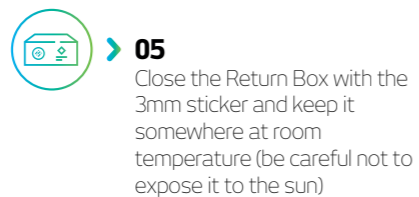
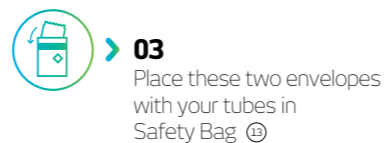
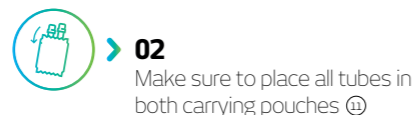
04

Fill the minivette with your blood

IMPORTANT !

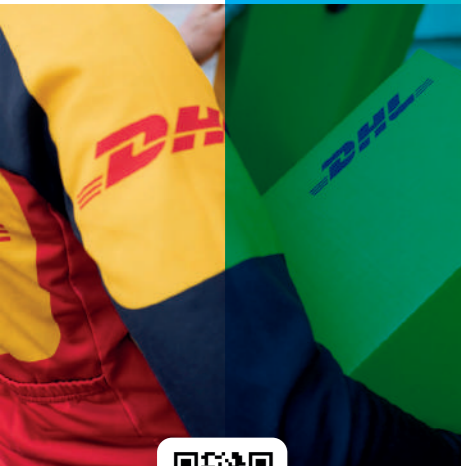
YOU MAY FEEL PAIN FOR SEVERAL DAYS. IF IT PERSISTS, CONTACT YOUR DOCTOR.

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.





WATCH THE VIDEO TO SEE
HOW TO SEND YOUR SAMPLES

TO SEND YOUR SAMPLES

- Please use the prepaid DHL voucher and stick it under Return Box ⑩
- Find the shipping registration code starting with: **WAYBILL** on the DHL voucher or directly on your Bodycheckup account
- Rendez-vous sur [MYDHL.EXPRESS.DHL](https://mydhl.express.dhl)



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

> **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 **'Ship'** button, then
- Click 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'**

> **03**
When asked, "Do you need to create a shipping label?"
- Answer, **"No"**

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



Track your samples from your personal account

www.bodycheckup.com

See you soon.



... Coming Gosselin SAS, 123 route de Caestre, Borre - CS40019 59529 Hazebrouck Cedex, France
... SARSTEDT AG & Co. KG - Sarstedtstr. 1, D-51588 Numbrecht, Germany, info@sarstedt.com, +49 (0)2293 305-0
... Becton, Dickinson and Company Limited, Pottery Road, Dun LoaghaireCo, Dublin, Ireland, vacutainer_techservices@bd.com, +1 800 631 0174

DESCRIPTION	Minivette-POCT-200µl-K3E	Feaces-tubes	Fingers-prickers	Gräduate-H230-with-caps	Pots	Bouchons
REF	17.2113.201	80.734.301	366594	F2000-02	58.487	65.790
LOT	1074821	1094121	B7H92M9	803212	7380	1306012
	30/11/2024	N-A	30/09/2026	N-A	N-A	N-A

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 Body Checkup 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

