

# Quick guide: How to use the test



*To watch the video guide, scan this  
QR code or go to  
[www.mivanohealth.de/anleitung](http://www.mivanohealth.de/anleitung)*

**mivano**

We understand that self-testing might be new to you, but we will guide you through every step of our virtually painless blood testing process. Before collecting the blood sample, please review the instructions. You will also find a QR code on the front of this leaflet that links to a helpful video tutorial.

## START WITH THE TEST ACTIVATION

**We can only process your sample when your test is activated.**

Use the QR code below to go to the activation page. Log in or create a new account. First-time users must create a new account, as we will upload the test results there.



To activate the test, scan this QR code or go to [www.mivanohealth.de/aktivierung](http://www.mivanohealth.de/aktivierung)

Next, look at the test ID card from your kit. The two identical labels on it contain a barcode, QR code, and alphanumeric code with the test ID for activation. To activate, open the activation page and scan the QR code on either label, or if you prefer, you can manually enter the test ID. Remember, each test has its own unique ID.



*You will need the test ID card with the activation code labels.*

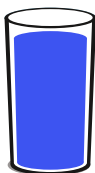
Once your test kit is activated, please follow the blood collection steps.



Only register when you are ready to collect the sample, as the system will log the collection time.

Please take your sample from Sunday to Tuesday only and return it the same day. Avoid public holidays due to longer transport times.

If the outdoor temperature is below 0°C or above 25°C, please return the sample to your nearest post office instead of using a postbox.



For a successful blood collection, drink at least 2 large glasses of water 30 minutes before collecting the sample.

## 1. PREPARATION



1. Wash your hands before use.



2. The device will be placed on your upper arm. For best results, remove any excess hair with a razor.



3. Collect all needed items. Remove the device from the tray.



4. Twist off the cap from the collection tube.



5. Press the tube into the device until snug with the fill lines facing out.



6. Rub your hand up and down your arm for 2 minutes to warm it and increase the blood flow.



7. Clean the area with the alcohol wipe and allow it to dry.

## 2. COLLECTION



8. Remove the clear cover from the red button.



9. Peel the tab away from the device and stick the device to your upper arm. Hang the arm straight down at the side.



10. Press the button all the way down ONCE and release. Set the timer for 5 minutes. Watch the tube fill using a mirror as needed.



11. Blood may not appear for the first 1-2 minutes. Remove the device at 5 minutes or sooner if blood reaches the top fill line before 5 minutes.



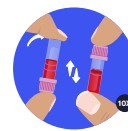
12. Remove the device by peeling it from one side. Apply the plaster vertically and add slight pressure to stop the bleeding if needed.



13. Remove the tube from the device with a slight twist and pull it down.



14. Snap the cap fully onto the tube.

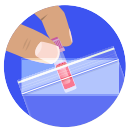


15. Invert the tube 10 times. The gel will not mix with the blood.

## 3. PACKAGING & TRANSPORT



16. Peel the first label with the activation code from the test ID card and stick it lengthwise onto the tube.



17. Place the tube in the clear plastic bag, peel the adhesive strip off, and seal it. Do not remove the white absorption pad.



18. Stick the second label from the test ID card on the plastic bag.



19. Place the plastic bag in the sample return box with prepaid postage, seal it, and take it to a postbox or a post office as soon as possible.

## 4. DISPOSAL



20. Follow your local guidelines for discarding all materials.



21. Wash your hands after use.

### Test kit contains (1 each):

- 1 instructions for use
- 1 test ID card with 2 activation code labels
- 1 Tasso device (CC)
- 1 sample collection tube – 400 – 600 µl (CC)
- 1 plaster (CC)
- 1 alcohol wipe (CC)
- 1 sealable plastic bag with absorption pad (please do not remove)
- 1 sample return box with prepaid postage

# IMPORTANT

- Please read the instruction manual carefully before collecting the sample.
- Do not use after the expiration date.
- All components in this kit are single-use only.
- Do not use if the package has been opened or damaged.
- For external use only.
- Keep out of reach of children.
- Do not perform collections on an area of skin that is infected, inflamed, scarred, or broken.
- Multiple collections from the same location may increase the risk of residual marks or scarring and may impact the healing process.
- Minor bruising or residual marks may occur at the sample collection site.
- Insufficient blood samples cannot be analysed in the lab.
- Do not use this kit if you are suffering from contagious diseases transmitted via blood, for example, Hepatitis or HIV.
- Consult with your physician before using the kit if you are pregnant or breastfeeding.
- If you have problems with any blood sampling procedures, such as fainting, collect your sample while seated in the presence of another person.
- If you have additional questions, please visit [www.mivanohealth.de/hilfe](http://www.mivanohealth.de/hilfe).

# SYMBOL EXPLANATION



Manufacturer



Lot number



For *in-vitro* diagnostic use



Use by date



Consult instructions for use



Attention



Do not use if package is damaged



Single-use only



Article number



Conformité Européenne



Recyclable packaging



Catalogue number



Sterilized by irradiation



Store at 18-25°C

**Manufacturer of the test kit components (CE):** Tasso ([www.tasso-inc.com](http://www.tasso-inc.com)) • Teqler Alkoholtupfer ([www.teqler.de](http://www.teqler.de)) • Rudaderm Pflaster ([www.nobamed.com](http://www.nobamed.com)) • BD Microtainer Blutentnahmeröhrchen ([www.bd.com](http://www.bd.com))