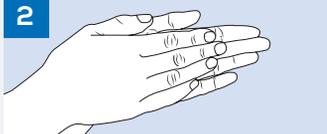
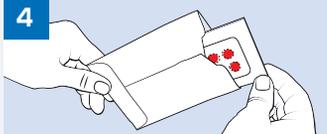


TAKING A DRIED BLOOD SPOT TEST

Taking an at-home dried blood spot test is different to taking a fingerprick test with your doctor, or taking a daily blood glucose measurement. The drops of blood needed for this test need to be large and consistent (soaked through to the back of the card). For best results, carefully read the instructions provided inside the blood collection kit and follow them step-by-step.

OVERVIEW: HOW IT WORKS

1		Buy in store or online at www.myhealthtest.com
2		Warm up your hands to help stimulate blood flow
3		Follow the instructions to collect your dried blood spot sample
4		Mail your test request form and sample in the reply paid envelope
5		Receive and store results online via the secure website

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Watch the Video
<http://bit.ly/2gEbxp8>



e: info@myhealthtest.com p: (02) 6145 2147

MyHealthTest Pty Ltd. PO Box 646, Canberra, ACT 2601 Australia.

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www.myhealthtest.com

MyHealthTest® is an Australian company helping you better manage your health. We provide accurate, reliable and convenient pathology test services using samples you collect in the comfort of home.

Diabetes is Australia's fastest growing chronic disease, 280 Australians develop diabetes every day, and it's thought that 50% of these new cases are going undiagnosed. Untreated, diabetes can lead to a number of debilitating disorders including heart disease, stroke, kidney failure, vision loss and lower limb amputations.

The good news is that 58% of cases of Type 2 diabetes can be prevented or delayed, often with simple lifestyle changes.

If you have diabetes you'll be familiar with the HbA1c test your doctor arranges every few months or so to help you monitor and manage your diabetes. For our fingerprick blood test service, we only need a few spots of blood placed onto a special collection card. This **Diabetes HbA1c Test** Service gives an indication of your average blood sugar level over the prior few months.



If you're concerned about your health you'll be interested to know that the HbA1c test is now used to both diagnose diabetes and to assess the early stages of the disease, known as pre-diabetes. If your HbA1c level is raised your healthcare provider can use this information to help guide you to the next steps to best manage your health.

The **MyHealthTest® Diabetes HbA1c Test** is one small way to make your life easier, no need to squeeze a visit to the pathology collection centre into your day, no needles into your arm. Just order online, take a fingerprick sample at home at a time that suits you, drop the card into the post and your results will be delivered securely online in a matter of days. You can also choose to share results securely online with others such as family and your healthcare team. Make the most of your health with **MyHealthTest®**.