

## What's In Your Kit

Below are the items you'll find in your kit. Double check to make sure you have what you need!  
**Items you'll need that are not included in this kit are: A Pen and a Computer/Mobile device.**

Cheek Swab x2



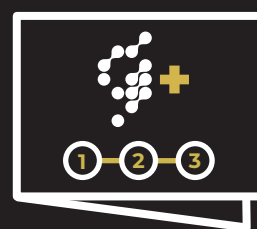
Alcohol Pad x2



Biohazard Bag



Instructional Trifold



Return Box



Sticker Label x2



Return Envelope



## Sample Collection Instructions

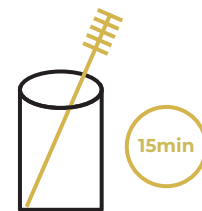
**⚠️ Rinse your mouth with plain water before collecting your sample.**



### 1) Activate your kit

Scan the QR code or visit us at [gravityplus.com/activate](https://gravityplus.com/activate) to activate your kit. For the best results, watch our instructional video at [gravityplus.com/instructions](https://gravityplus.com/instructions)

**This step *MUST* be done before you begin collection.**



### 5) Air Dry Swab for 15 Min.

After scraping the inside of your cheek, place the cheek swab, bristle side up in a safe and clean location and let dry in open air for 15 minutes.

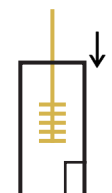
**It's important that nothing touches the bristle end of the brush in this stage.**



### 2) Fill Out Sticker Label & Place on Tube

Your kit comes with a blank label sticker, fill out the sticker with patient name, date of birth, and the date and time of collection, **in pen only**, and place the sticker label vertically on the tube. The information must be legible, and match what you used to register your kit.

**Do not write directly on the tube.**



### 6) Place Swab In Tube

Gently place the cheek swab back into the tube it came in and close the cap.

**Make sure that the lid is securely shut.**



### 3) Remove 1 Cheek Swab From Tube

Remove one sterile cheek swab from its tube. Be sure not to touch the bristles!



### 7) Repeat Steps 3-6

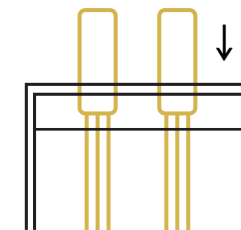
Repeat steps 3-6 on the opposite cheek, using the unopened swab.

**Do not repeat steps with the first swab you used.**



### 4) Scrape Inside Cheek With Cheek Swab

Scrape the bristle end of the swab against the inside of your cheek 20 times in a twirling motion.



### 8) Place Tubes in Biohazard Bag & Securely Close Bag

Place your tubes into the biohazard bag, in the same section as the absorbent pad, and securely close the bag. **Do not remove the absorbent pad from the biohazard bag.**

## Return Shipping Instructions



### 1) Place Samples Into Return Box

Place your sealed biohazard bag containing your completed samples into the original box you received your kit in for return.



### 2) Place Box Into Return Envelope

Place your return box, containing your samples, into the pre-addressed and pre-paid envelope. Seal the envelope.

**Use the alcohol pads to disinfect the outside of the package.**



### 3) Take To Drop Box Location

Take your samples to your nearest drop box to ship your kit back to the lab.

**Reminder: Drop off your sample on the same day you collect before the last pickup at that location.**



**Warning:** These rules must be followed to ensure your sample can be processed once it reaches the lab!

- Your kit **MUST** be activated **BEFORE** you begin collection.
- Your tube must be labeled with name, date of birth, and collection date.
- **Ship your sample back the SAME DAY you collect!**  
Be sure to check your nearest drop box pickup times to ensure they are picked up the same day.

- Do not let the brush end of the swab touch any surface other than the inside of your cheek and the inside of the tube after the sample has been collected. Be careful when setting swab out to dry for 15 minutes.

## RECEIVING YOUR RESULTS

- 1 Once our CLIA certified laboratory receives your sample, your results will be available within 5 days, assuming it passes all quality checks. If there is any issue, you will be contacted directly.
- 2 A board-certified physician will review and release your results.
- 3 If your results are normal, you will receive an email from Gravity+ with your results. If your results return abnormal, you will receive an email to schedule an appointment with our telehealth genetics counselor.



**Pharmacogenetics**

HOME COLLECTION KIT

## QUESTIONS?

**Contact us directly at:**

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