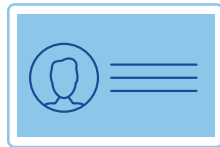


# COVID-19 Test Home Collection Kit

Fast, FDA-authorized collection from the comfort of your home.

## 1 Prepare



### Preparation

Gather your kit, photo ID, a pen and Virtual Observation visit registration code from the confirmation email. If you cannot locate your confirmation email, please call 1-844-KRO-CV19 for support.



### Two-Way Video

Test the Virtual Observation visit platform on your mobile device or desktop by clicking the test link in the confirmation email.



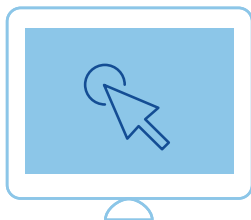
### Prior to Test

Wash hands thoroughly for 20 seconds prior to launching your Virtual Observation visit.



**Do not open kit contents until instructed to do so during your Virtual Observation visit.**

## 2 Collect



### Launch Virtual Observation Visit

Use the unique link and registration code provided in your confirmation email to enter the waiting room for your Virtual Observation visit. This is required for the lab to process your kit.



### Specimen Collection

Kroger Health staff will join you to give directions and observe the collection of your specimen.



### Label

Ensure the tube is tightly sealed and use the included barcode to label your specimen tube. Completely fill out the label sticker, including date of collection, and affix the label on the tube.

[krogerhealth.com/covidtestkit](https://krogerhealth.com/covidtestkit)  
1-844-KRO-CV19 (1-844-576-2819)



### Pack Your Kit

Seal the tube in the Biohazard bag and wipe with alcohol swab provided. Place bag in the original box and seal in the UN 3373 return envelope.

### Ship to Lab

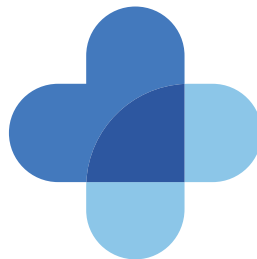
Visit [ups.com/dropoff](https://www.ups.com/dropoff) to find a location closest to you. Drop off packaged test kit using the pre-paid shipping label. This must be done the same day as your visit.

### Await Results

Within 72 hours, your test results will be provided to you. Positive results will be communicated via phone call with a healthcare professional. Please review the Fact Sheet for Individuals included in kit.

## CONTINUE TO STAY SAFE

While waiting for your results, maintain physical distancing and monitor for additional symptoms that may require immediate medical attention. Examples of such symptoms may include difficulty breathing that leaves you unable to speak full sentences, persistent pain or pressure in the chest, new confusion or inability to wake, or bluish lips or face.



For more information about your Home Collection Kit, or how to get tested, please visit [krogerhealth.com/covidtestkit](https://www.krogerhealth.com/covidtestkit)

- This product has not been FDA cleared or approved, but has been authorized for emergency use by FDA under an EUA;
- This product has been authorized only for the home collection and maintenance of nasal swab specimens as an aid in detection of nucleic acid from SARS-CoV-2, not for any other viruses or pathogens; and
- The emergency use of this product only authorized for the duration of the declaration that circumstances exist justifying the authorization of emergency use of medical devices under Section 564(b)(1) of the Federal Food, Drug and Cosmetic Act, 21 U.S.C. § 360bbb-3(b)(1), unless the declaration is terminated or authorization is revoked sooner.



# COVID-19 Test Home Collection Kit

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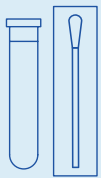
Please follow all instructions closely to ensure proper precautions are taken for collecting, packaging, and sending COVID-19 samples to our authorized labs.



**Note:** Failure to follow instructions may prevent you from receiving test results.

## Your Kit Checklist

Prior to completing your sample collection, gather the contents of your kit and review these instructions fully. A Fact Sheet for Individuals is included as well.



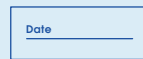
Swab & Tube



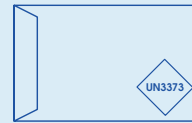
Biohazard Bag



Alcohol Prep Pads



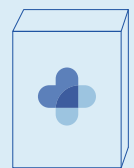
Label Sticker



Return Envelope



Pen From Home



Kit



### Identify Drop-Off Location

1

Visit [ups.com/dropoff](https://www.ups.com/dropoff) to find a location closest to you. Your completed kit must be dropped off at a UPS drop box on the same day you collect it.



### Prepare Your Sample Collection

2

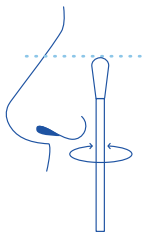
Wash your hands thoroughly for 20 seconds in warm water. Dry hands completely prior to starting your collection. Open test kit contents on a clean surface.

[krogerhealth.com/covidtestkit](https://krogerhealth.com/covidtestkit)  
1-844-KRO-CV19 (1-844-576-2819)

# Self Collection Instructions

[krogerhealth.com/services/covidtesting/instructions](https://www.krogerhealth.com/services/covidtesting/instructions)

Scan code  
for video  
instructions



3

## Collect Your Sample

- Pull apart the swab wrapper to open. **Do not touch the tip of the swab to any surfaces other than nostrils.**
- Gently place the swab midway in your nose - about 1 inch - until you meet resistance.
- Rotate the swab twice.
- Hold the swab inside your nostril for 15 seconds.
- **Repeat this step in the opposite nostril.**



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## Store Your Sample

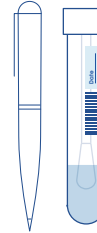
Open the tube and put the soft end of the swab down into the liquid inside the tube. **Note: Spilling the liquid or touching the swab to other surfaces may prevent you from receiving results.**



5

## Break Off Swab Stick

Break off the top of the swab stick so the swab fits fully inside the tube and replace the tube cap.



6

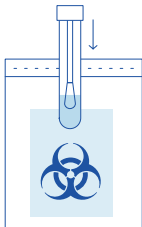
## Label Your Sample

- Double check the cap is firmly sealed
- Completely fill out the label sticker, including date of collection, and affix the label on the tube.

7



**Wash your hands thoroughly for 20 seconds in warm water.**



8

## Pack Up Your Sample

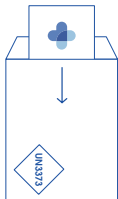
Place the sample in the provided biohazard bag.



9

## Seal the Bag

Seal the biohazard bag with your sample and the absorbent sheet inside, and then wipe bag with the provided alcohol wipe.



10

## Pack Your Kit

**Secure Sample in Box:**  
Place the biohazard bag in original kit box and securely close the box.

**Package for Shipment:**  
Place the securely closed box in the UN 3373 Biological Substance Category B return envelope and seal. Wipe the envelope with the second alcohol wipe provided.



11

## Ship Your Kit

Drop off the packaged kit to UPS drop-off location you selected the same day you collected your sample, using the pre-paid shipping label.



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## Await Your Results

Lab results are provided within 24-48 hours of receipt at the lab. Your test results will be provided to you via patient portal (notifications via text or email); positive results will be communicated via phone call with a healthcare practitioner.

<https://health.healow.com/TLCOncare>



13

## Maintain Physical Distancing

While waiting for your results, maintain physical distancing and monitor for additional symptoms that may require immediate medical attention. Examples of such symptoms may include extreme difficulty breathing, persistent pain or pressure in the chest, new confusion or inability to wake, or bluish lips or face.

For more information about your Home Collection Kit,  
or how to get tested, please visit [krogerhealth.com/covidtestkit](https://www.krogerhealth.com/covidtestkit)

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## COVID-19 Test Home Collection Kit

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Prior to using your Home Collection Kit you must register your kit.



**Note:**

Failure to follow instructions may prevent you from receiving test results.

### Register Your Kit:

- 1 To get started, register your kit at: [krogerhealth.com/registermykit](https://krogerhealth.com/registermykit)
- 2 Enter the benefit code and the voucher code from your specimen tube label sticker.
- 3 Then, follow all instructions enclosed in this kit closely to ensure proper precautions are taken for collecting, packaging, and sending COVID-19 samples to our authorized labs.

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