

RÊVE  
HEALTH

RÊVE HEALTH

# *PROLOGUE PROTOCOL*

TEST INSTRUCTIONS

BLOOD WORK

REVEHEALTH.COM

# OVERVIEW

---

When you receive a package from us take a moment to go through all the contents. You'll find a salivary cortisol test kit and a blood draw kit.

## **BOOK A 15-MINUTE ZOOM WITH US**

We encourage you to book a 15-minute Zoom at any time if you have questions, or want to have us help you walk through your labs. You can book with us [here](#).

# BLOOD WORK

---

## **STEP 1**

We will email you your blood work requisition form. You will bring this form with you to your blood draw appointment.

## **STEP 2**

The timing of your blood draw is important. If you currently have predictable cycles, plan to have your blood draw on either day 3 or day 21 of your cycle (day 1 is first day of your menstrual period). If you do not have predictable cycles, do not have a cycle or are currently taking hormonal birth control, you can complete the blood draw at any time.

## **STEP 3**

Schedule your blood draw at a LabCorp draw center. You can find a location near you or schedule a mobile phlebotomy service [here](#).

## **STEP 4**

Fast for 12-16 hours before the blood draw, no more or less. For this reason, morning draws are typically easiest. Do not drink caffeine the morning of the draw. Water and herbal tea are okay.

## **STEP 5**

Bring your blood work requisition form and photo ID with you to the blood draw.

## **STEP 6**

Once the blood draw is complete, please send us an email at [hello@revehealth.com](mailto:hello@revehealth.com) to inform us when in your cycle you completed the lab work, if applicable.

# HAVE QUESTIONS?

---

## **EMAIL US**

If you have any questions, please email us at [hello@revehealth](mailto:hello@revehealth) and we're happy to help you!

## **BOOK A ZOOM CALL**

You are also welcome to book a 15-minute Zoom call to go over any questions you may have, linked [here](#).