

RÊVE  
HEALTH

RÊVE HEALTH

# *LONGEVITY PROTOCOL*

TEST INSTRUCTIONS

---

HOW TO COMPLETE  
YOUR BIOLOGICAL  
AGE TEST

---

[REVEHEALTH.COM](https://REVEHEALTH.COM)

# STEPS

---

## STEP 1

Open your test kit. **We have already registered your kit for you so there is no need to register it yourself.** In your kit, you will find a biohazard collection bag, blood collection card, and a blood collection kit containing lancets, alcohol prep pad, band-aid, and gauze strip.

## STEP 2

Wash your hands with warm, soapy water and dry them with a clean towel.

## STEP 3

It is easier to collect blood when you have increased circulation. Try doing a few jumping jacks, or rub your hands together to improve circulation.

## STEP 4

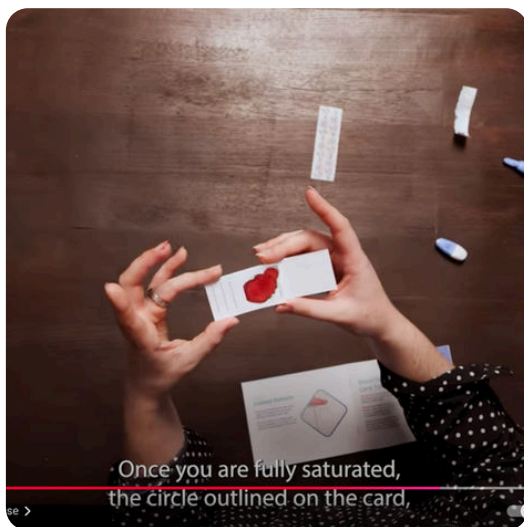
Using the alcohol prep pad, wipe to clean your preferred finger for blood collection. Let your finger dry.

## STEP 5

Once the fingertip is dry, twist the lancet blue top to remove the cap. Align the lancet against the tip of your chosen fingertip and press firmly down to activate the internal spring. This will puncture your skin. Wipe away the first drop of blood with the dried gauge pad.

## STEP 6

Using your blood collection card, apply drops of blood starting at the center of the circle until the circle is filled. The lab has a great video online with detailed test instructions [here](#). You can also [book a 15-minute zoom](#) with us if you have any questions!



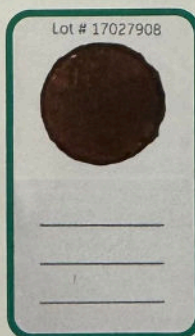
### Blood Spot Card Tips:

**DO NOT** touch the blood spot card with your finger as this will restrict blood flow.

**DO NOT** add additional blood to the circle once completed or dry. "Layering" blood will invalidate the collection. Make sure the circle is fully saturated before moving on to the next step. This will take more than one drop of blood.



Correct Application



Incorrect Application

# STEPS CONTINUED

---

## **STEP 7**

When blood collection is finished, apply the bandage to your fingertip.

## **STEP 8**

Let the blood collection card air dry completely. Place it in a safe location away from moisture or direct sunlight for at least 3 hours.

## **STEP 9**

Note the time you completed your test. Please email us at [hello@revehealth.com](mailto:hello@revehealth.com) with the date and time of collection. **We cannot process your sample without this information.**

## **STEP 10**

Once the blood collection card is dry, tuck the cover of the card into the front of the flap.

## **STEP 11**

Place the blood collection card into the biohazard bag and seal. Place the biohazard bag into your pre-paid FedEx return envelope.

## **STEP 12**

Drop your envelope off at your closest FedEx location or a FedEx drop box. We recommend shipping the same day as collection, or store in the refrigerator until ready to ship.

## **STEP 13**

Your test results may take 5-6 weeks. We will email you when your lab results are ready and your Longevity Report has been finalized to schedule your guidance call. We can't wait to help you optimize your age and redefine your purpose.