

RÊVE  
HEALTH

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# *PROLOGUE PROTOCOL*

COMPLETING  
YOUR  
ADVANCED  
BLOOD WORK

TEST INSTRUCTIONS

REVEHEALTH.COM

# BLOOD WORK

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## **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**

Menstruating Women (with predictable cycles)- Please complete your blood draw on either day 3 or day 21 of your cycle (day 1 is the first day of your menstrual period). Please email us at [hello@revehealth.com](mailto:hello@revehealth.com) to notify us which day you completed your blood draw.

Non-Menstruating Women (or women with unpredictable cycles) & Men: You may complete the blood draw on any day that is convenient for you.

## **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](#). If you do not have a LabCorp center near you, we will reach out to provide options for a blood draw in your local area.

## **STEP 4**

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

# BLOOD WORK

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## **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 you completed the lab work.

## **STEP 7**

Once we have your lab results and health plan finalized, a member of our team will reach out to schedule your 90 minute guidance call.

# HAVE MORE QUESTIONS?

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## **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](#).