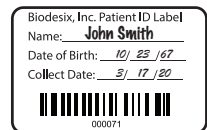![biodesix®]

COVID-19 TESTING
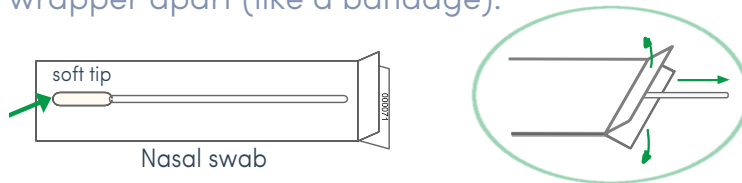
Nasal Swab Self-Collection Instructions

A sample has been requested by your employer for testing. This test will help identify whether you have a current COVID-19 infection. Please follow the instructions below carefully to safely self-collect and ship your test sample to the Biodesix laboratory.

SAMPLE COLLECTION AND SHIPPING INSTRUCTIONS

1. **Label your sample tube.** Using the provided labels, place your first and last name, date of birth, and date of collection on the label, then stick the label on the sample tube.
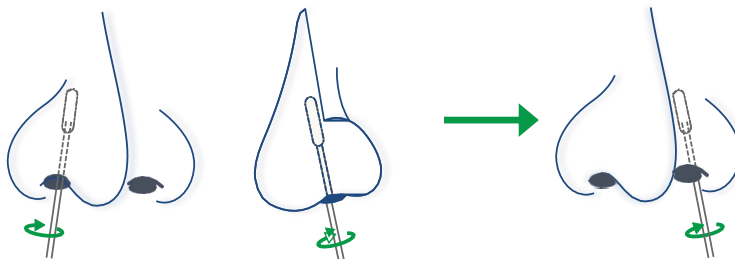
   Biodesix, Inc. Patient ID Label
   Name: _John Smith_
   Date of Birth: _10/ 23 /67_
   Collect Date: _3/ 17 /20_
   000071

2. **Open nasal swab.** Remove from sterile packaging by pulling the two ends of the wrapper apart (like a bandage).
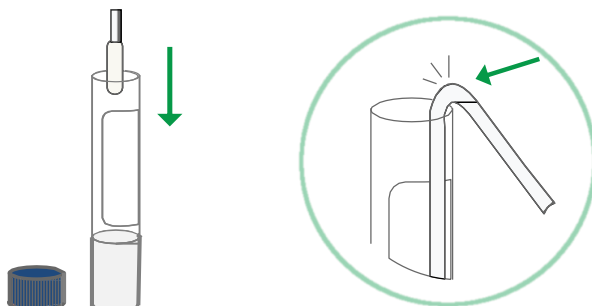
   soft tip
   Nasal swab

   NOTE: Be careful not to touch the soft tip

3. **Swab nose to collect sample.** Gently place the entire soft tip of the swab into one nostril until you feel resistance. Rub it in a circle 4 times inside your nostril while placing gentle pressure with your finger on the soft tip from the outside of the nostril to obtain the best sample for testing. Repeat by placing the same swab into the other nostril and circle 4 more times.

   IMPORTANT: Both nostrils must be sampled to get a proper specimen.

4. **Place the swab into the tube.** Carefully lower the swab, tip first, into the provided tube. Once the tip is at the bottom, break the swab handle at the top of the tube by bending it back and forth. Then, screw the cap on tightly.

   ⚠️ **CAUTION:** If any of the liquid in the sample tube is spilled, do NOT use bleach to clean up the liquid. Clean the spill with alcohol, followed by water.

5. **Package and ship** according to the instructions below.

For questions, please contact **covidtesting@biodesix.com or call 1.833.578.8559.**

PACKAGING AND SHIPPING INSTRUCTIONS

1. **Confirm that the label is applied to the sample tube.** Samples received at the laboratory without a label will need to be re-collected.

2. **Complete the Sample Information card and place it in the return shipment box.**

   Employer Name: Employer, Inc

   First Name: John

   Last Name: Smith

   Date of Birth (MM/DD/YYYY): 10/23/1967

   Contact email: John.smith@employer.com
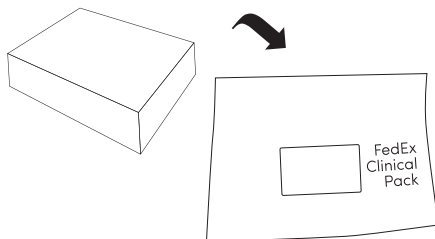
   Contact phone number: ###-###-####

3. **Place sample tube into the biohazard bag and place into the return shipment box with the sample information card.**

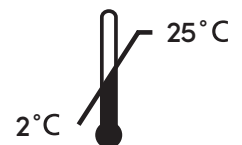4. **Place return shipment box into the pre-labeled FedEx UN 3373 shipping envelope.**

   FedEx Clinical Pack

5. **Contact FedEx immediately at 1.800.463.3339 to locate the nearest drop box or schedule a pickup for overnight shipment.**

Biodesix, Inc.
2970 Wilderness Place Suite 100
Boulder, CO 80301

Made in the USA
www.biodesix.com

2°C – 25°C

Do not use if the product sterile barrier system or its packaging is compromised.

For questions, please contact **covidtesting@biodesix.com or call 1.833.578.8559.**