

UNDERSTANDING YOUR TEST RESULT

The National Cholesterol Education Program has divided cholesterol results into three groups: **Desirable, Borderline-High and High.** Your *CholesTrak*[®] reading will place you in one of these groups.

Results*	Group-Suggested Actions
less than 200 mg/dL (5.2 mmol/L)	Desirable: This cholesterol level suggests that you are most likely at low risk for heart disease. If you have no other risk factors you may repeat the screening test in 3-6 months.
200-239 mg/dL (5.2 - 6.1 mmol/L)	Borderline-High: You may be at an increased risk for heart disease. You should talk to your doctor. If your score is 230 or higher, you may be in a high-risk group that requires medical advice. Suggested to test again in 1-3 months.
240 mg/dL and above (6.2 mmol/L and above)	High: You may be at greater risk for heart disease whether or not you have additional risk factors. You should ask your doctor for advice. Suggested to test every 6-8 weeks.

*Results for U.S. are measured in mg/dL and internationally are measured in mmol/L.

New! Heart Disease Risk Assessment

Take this survey to determine your risk factors for Heart Disease.

- Had a heart attack or have heart disease
- Diabetes (fasting blood glucose level 126 mg/dL or higher)
- Family history of heart disease
- Cigarette smoker or exposed to second hand smoke daily
- Total cholesterol greater than 200 mg/dL
- Triglycerides greater than 150 mg/dL
- LDL (bad) cholesterol greater than 130 mg/dL
- HDL (good) cholesterol less than 40 mg/dL (men) & 50 mg/dL (women)
- High blood pressure (top number greater than 140 &/or bottom number more than 90)
- Physical inactivity & poor diet
- Obesity (more than 30% overweight)
- Are over age 45 (men) & over age 55 (women)

If you have two or more of the above risk factors, it is important to monitor your total cholesterol frequently.



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Protected by U.S. patents 4,959,324, 4,973,549, 4,987,085, 4,999,287, 5,132,086, 5,155,025, 5,204,063, 5,260,221, 5,264,180, 5,340,539, 5,409,664, 5,409,780, 5,423,989, and international patents.

QUESTIONS & ANSWERS

What can I do to make drawing the blood easier?

- Wash hands with warm water.
- Warm hands by rubbing them together.
- Let the arm of your selected finger hang at your side for at least 30 seconds.
- Choose a finger that is warm and callus-free.
- Lay selected hand, palm up, against the table.
- Press the finger stick device firmly against the side tip of your finger. Do not pull away when triggering the finger stick device.
- If you like, someone else can help you prick your finger. The rest of the test should be run the same.

Can both indicators change color without giving me a correct reading?

Yes, both indicators can work, but an inaccurate result will occur if:

- the Blood Well is not filled with enough blood to cover the black fill circle completely, or
- more than three minutes have elapsed in filling the Blood Well, or
- you did not wait a full three minutes before pulling the plastic tab, or
- you did not pull the plastic tab out far enough to see the entire arrow, or
- you performed the test in direct sunlight.

How accurate is the CholesTrak[®]?

The *CholesTrak*[®] is just as accurate as tests used by doctors and medical labs. In fact, a number of doctors use this same test in their offices. The *CholesTrak*[®] was evaluated in consumer studies throughout the U.S. with over 400 people. *When the instructions were followed carefully and all the steps were performed correctly, the accuracy, on the average, was 97%.*

What should I do if my test device is above or below the limits of the Results Chart?

Call the *CholesTrak*[®] Help Line (1-800-749-9910) Mon. to Fri. 8 a.m. to 4 p.m., Pacific Time Zone.

Do I need to fast before I take the test or perform it at a specific time of day?

No. You can test yourself at any time, so fasting is not necessary. If you repeat the test, try to do so under the same conditions.

Will common foods, alcohol or medication affect my test results?

Generally, NO. Most substances will not interfere with the test. However, you should not perform the test within a four-hour period if you have taken 500 mg or more of Vitamin C or a standard dose of acetaminophen (e.g., Tylenol) or Naproxen (e.g., Aleve). This could cause a falsely low result.

LIMITS OF THE TEST

- You must follow all directions carefully to get an accurate reading. Use and application of the *CholesTrak*[®] pertain to adults 20 years of age and older.
- Recent illness, pregnancy, birth control pills and other conditions may change your cholesterol level. If you are concerned or have questions, talk with your doctor.
- Using this test in direct sunlight may cause an inaccurate result.
- The *CholesTrak*[®] is for *in vitro* diagnostic use only. **DO NOT** use any part of this kit internally.
- This test provides information on your cholesterol level. Your doctor may request other tests.

WARNINGS

- NOT FOR USE BY HEMOPHILIACS OR THOSE TAKING MEDICINES THAT THIN BLOOD (ANTICOAGULANTS).
- DO NOT USE WITHIN 1 MONTH OF A CONVALESCENCE AFTER AN ACUTE ILLNESS.
- USE THE TEST BEFORE THE "EXP DATE" ON THE PACKAGE.
- ONLY USE THE TEST DEVICE ONCE.
- DO NOT OPEN FOIL POUCH UNTIL YOU PLAN TO USE THE TEST.
- USE ONLY WITH FINGER STICK BLOOD DROPS. NOT FOR USE WITH ANY OTHER BODY FLUIDS OR FOOD. DO NOT USE ON THOSE UNDER THE AGE OF 20 OR ON ANIMALS.
- STORE AT ROOM TEMPERATURE (BELOW 86° F OR 30° C). DO NOT FREEZE.
- DO NOT PERFORM TEST IN DIRECT SUNLIGHT.
- KEEP OUT OF REACH OF CHILDREN.
- NEVER USE A FINGER STICK DEVICE THAT HAS BEEN USED BY ANOTHER PERSON.
- DO NOT USE IN THE PRESENCE OF HYDROGEN PEROXIDE.
- NEVER ADJUST YOUR MEDICATION BASED ON *CHOLESTRAK*[®] RESULTS.

DISCARDING THE KIT

After your result is known put all contents back in the original box and dispose with your daily household waste products.

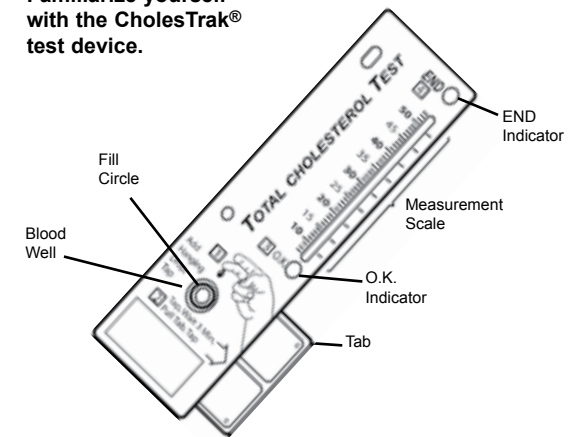
CHOLESTRAK[®]

TOTAL CHOLESTEROL
HOME TEST



Directions

Familiarize yourself with the *CholesTrak*[®] test device.



PREPARATION FOR TESTING

- READ ALL DIRECTIONS BEFORE STARTING TEST.**
- This is a single-use disposable test.
- Do not open foil pouch until ready to use.
- Once opened, use within 30 minutes.
- If any part of the test device is broken or opened, do not use the kit.
- Place the test device on a table or flat surface.
- You will need a clock or timer.
- Do not perform test within a 4 hour period of taking 500 mg or more of Vitamin C or a standard dose of acetaminophen (e.g., Tylenol) or Naproxen (e.g., Aleve). This may result in a low reading.

STEP 1



PREPARING FOR BLOOD SAMPLE

IF YOU ARE UNSURE ABOUT HOW TO PRICK YOUR FINGER, CALL THE CHOLESTRAK® HELP LINE AT 1-800-749-9910.

- Read all directions carefully before you prick your finger.
- Keep Test Device at Room Temperature (below 86° F or 30° C).
- Open Foil Pouch only when ready to use.
- First wash your hands thoroughly with soap and warm water before you obtain the blood sample. Rinse and dry your hands completely before beginning the test.
- Sit down and relax for about 5 minutes. During this time rub your hands to warm them.
- Select your "middle" or "ring finger." The finger should be warm and callus-free. (See the area shown in the picture in Step Two for an example.)
- TO INCREASE BLOOD FLOW, LET THE ARM OF YOUR SELECTED FINGER HANG DOWN AT YOUR SIDE FOR AT LEAST 30 SECONDS. If you are right-handed, draw blood from your left hand. (Reverse if left-handed.)
- NEVER USE A FINGER STICK DEVICE THAT HAS BEEN USED BY ANOTHER PERSON.

DO NOT PULL TAB UNTIL STEP 4.

STEP 2



DRAWING BLOOD SAMPLE



Twist and remove the protective stem from the sterile needle.

- Lay selected hand, palm up, against a flat table surface.



Apply white end (with hole) against the side of your finger. Press firmly until device activates (clicks).

- Activating the finger stick device will take some force. You may feel a slight sting. After the puncture remove the finger stick device.
- With the gauze pad, wipe away the first sign of blood. Blood may not appear until you squeeze your finger.
- Before adding blood to the Blood Well, with your finger pointing down, let your arm hang at your side for 10 seconds to increase blood flow.

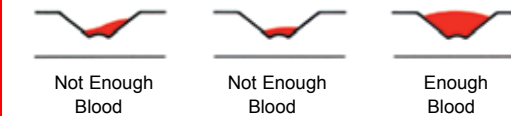
STEP 3



ADDING BLOOD TO THE WELL

YOU MUST ADD ENOUGH BLOOD WITHIN 3 MINUTES OF PRICKING YOUR FINGER.

ADD ENOUGH BLOOD TO COVER THE BLACK FILL CIRCLE.



- Point your finger down directly over the Blood Well as shown above. Squeeze your finger from the base to the puncture several times (use milking action from the base of the finger). Squeeze and release your fingertip a few times to form a **hanging blood drop**. Let the drop of blood fall to the bottom of the test device Blood Well.
- IF THE BLACK FILL CIRCLE IS STILL VISIBLE, CONTINUE ADDING BLOOD. REPEAT FINGER WARMING TO INCREASE BLOOD FLOW.
- Do not worry about adding too much blood.
- Once the black fill circle is covered with blood, TAP CASSETTE DEVICE 3 TIMES to facilitate the test.
- NOW USE YOUR CLOCK OR TIMER.

WAIT AT LEAST 3 MINUTES BUT NO MORE THAN 4 MINUTES BEFORE PULLING TAB (SEE STEP 4).

Apply the adhesive bandage to your finger while waiting.

STEP 4



PULL TAB - TAP DEVICE - READ RESULT

- After waiting, hold the test device firmly in your hand. Pull the clear plastic tab on the right side of the test device until you can see the entire arrow. **PULL FIRMLY!** The tab should lock in position. *Do not push back.*
- **TAP THE TEST DEVICE 3 TIMES**, then SET IT on the top of a table or flat surface.
- The "O.K." indicator turns blue/purple in about 5 minutes.
- The "END" indicator turns green in about 10-12 minutes.
- After both indicators change color, read test results under bright light within 15 minutes.
- Find the very tip of the blue/purple color bar in the Measurement Scale, even if fuzzy or faint.
- Using the Total Cholesterol Result Chart, match the number of the column labeled "Test Device Reading" with the number to its right in the column labeled "Cholesterol mg/dL". This is your total cholesterol level.
- IMPORTANT: Only the Total Cholesterol Result Chart that comes with your kit can be used to find your test results. A chart from another test kit may give an inaccurate result.

