**Before Taking the First Check® Cholesterol Test**

- Read all instructions carefully.
- Wash your hands.
- Relax for about 15 minutes and rub your hands to warm them.
- To increase blood flow, let your arm hang at your side for at least 30 seconds before taking the test.

**How to Use**

**Step 1 Draw Blood Sample**

- Twist and remove the small green cap from the lancet. You will not see the needle, but you may hear it rattling inside the lancet tube.
- Push the lancet firmly against the tip of your middle or ring finger.
- Push the white end of the lancet (with hole) firmly against the tip of your finger until you feel the needle prick your finger.
- If blood is not dripping from your finger, squeeze your finger to increase the blood flow.

**Step 2 Add Blood to Test**

- Fill the Blood Well until you can no longer see the Black Fill Circle.
- If blood is not dripping from your finger, squeeze your finger to increase the blood flow.

**Step 3 Activate Test**

- Wait three minutes. Pull the Clear Plastic Tab (located to the right of the test) until the full arrow shows.
- Tap the test gently on a flat surface to allow the blood to sink into the test pad.
- In about five minutes, the “O.K.” indicator should turn a blue or purple color.
- In 10-12 minutes, the “End” indicator should turn a green color, letting you know your results are ready.
- Read the scale on the test by finding the very tip of the blue or purple colored line, regardless of how faint the line may be.
- Match the number on the scale to the corresponding number on the Results Chart included in your First Check® Cholesterol Test kit. This number is your Total Cholesterol Level.

**Understanding Your Results**

**National Cholesterol Education Program Guidelines**

<table>
<thead>
<tr>
<th>Total Cholesterol Level</th>
<th>Results Description</th>
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<tbody>
<tr>
<td>Less than 200 mg/dL</td>
<td>Desirable: This level suggests you are most likely at low risk for heart disease.</td>
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<tr>
<td>200-239 mg/dL</td>
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</tr>
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**Questions & Answers**

1. 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. However, make sure you are well hydrated. If testing again, try to do so under the same conditions as the first time you tested.

2. Will foods, alcohol, or medication affect my test results?
No. Most substances will not interfere with the test. However, you should not perform the test within a 24 hour period if you have taken 500mg+ of Vitamin C or acetaminophen.

3. What should I do if my test results are below the limits of the Results Chart?
Call our toll-free Help Line at 1-888-788-5716. Our professional staff is available to assist you.

**Tips for Lowering Cholesterol**

- Eat a heart-healthy diet, low in saturated fat and rich in whole grains, fiber, and Omega-3 fatty acids.
- Enjoy regular physical activity.
- Avoid tobacco smoke.

**About High Cholesterol**

Early Detection: High cholesterol is one of the main risk factors for Coronary Heart Disease, which is the leading cause of death in America today. Knowing your cholesterol level allows you to take control in preventing heart disease.

Factors that can affect your cholesterol level:

- Diet: Saturated fat and cholesterol in the foods you eat increase your cholesterol levels.
- Weight: Being overweight is a risk factor for high cholesterol.
- Physical Activity: Physical inactivity increases your risk for elevated cholesterol levels.
- Age: As men and women get older, their cholesterol levels rise.
- Heredity: Your genes partly determine how much cholesterol your body produces.

**Questions?**

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Our professional staff is available to assist you. Visit us online at www.firstcheckfamily.com
First Check offers a variety of solutions for fast, accurate, and reliable testing in the privacy of your own home.

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