

YOUR KIT FOR OBTAINING **BOSTON HEART** **DIAGNOSTIC TESTING**

Boston Heart helps your healthcare provider characterize disease and determine the right medication, supplements and nutrition plan for you.

PREPARING FOR YOUR APPOINTMENT

IMPORTANT INSTRUCTIONS AND REMINDERS



1 CARDBOARD BOX

Used to ship your blood sample to Boston Heart for testing

2 INSULATED COOLER AND ICE PACKS

Maintains your blood sample at the appropriate temperature during shipping

3 COLLECTION TUBES

Used by your phlebotomist for the blood draw

4 INSTRUCTIONS FOR SPECIMEN PREPARATION AND HANDLING

Instructions for your phlebotomist

NOW

Immediately remove both ice packs from the kit and place them in your freezer, laying them flat. They must be frozen solid before your blood draw appointment.

Keep everything else (the box, insulated cooler and collection tubes) at room temperature.

1 DAY BEFORE YOUR BLOOD IS DRAWN

Remember to fast for 8-12 hours before your blood is drawn, unless otherwise indicated by your healthcare provider.

- Fasting includes refraining from taking supplements, such as fish oil.
- You are encouraged to drink water before your blood is drawn.

APPOINTMENT WITH YOUR HEALTHCARE PROVIDER

Make sure to bring your insurance card with you to your appointment. It contains information that your healthcare provider needs to complete your test order form.

THE DAY OF YOUR BLOOD DRAW

WHAT TO BRING AND WHAT TO EXPECT

IF YOUR PROVIDER DRAWS BLOOD IN HIS/HER OFFICE

1. Make sure to bring your insurance card with you to your appointment.
2. Bring the kit to your provider's office, including the fully frozen ice packs. Your provider will have already received a test order form from Boston Heart, along with specimen collection and handling instructions.
3. Have your blood drawn. The phlebotomist will draw the number and type of tubes based on the tests your healthcare provider ordered.
4. Your provider will ship your blood sample with the test order form to Boston Heart for processing.

IF YOUR PROVIDER DOES **NOT** DRAW BLOOD IN HIS/HER OFFICE

1. Have your healthcare provider complete the test order form they received from Boston Heart.
2. Bring the completed form and your kit (with fully frozen ice packs) to the place where you are having your blood drawn.
3. Have your blood drawn. The phlebotomist will draw the number and type of tubes based on the tests your healthcare provider ordered.
4. The phlebotomist will ship your blood sample with the test order form to Boston Heart for processing.

Note: If your provider does not draw blood in his or her office and does not recommend another location for getting your blood drawn, you can call Boston Heart Customer Care at 877.425.1252 for suggested locations.

Questions about Boston Heart services or getting your blood drawn?

Contact Boston Heart Customer Care at **877.425.1252**

or email customercare@bostonheartdx.com.



FOLLOW YOUR HEART

**Your heart deserves a program
as distinct as you.**

Take action to improve your health with the **Boston Heart Lifestyle Program**. Create your personalized nutrition and activity plan, access your food journal and customized recipes, and get support from a Registered Dietitian coach. Your program is all about you, so that it works better for you. Talk to your healthcare provider about medical necessity for eligibility to enroll in the program.

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