

Instructions for Collecting your Sample

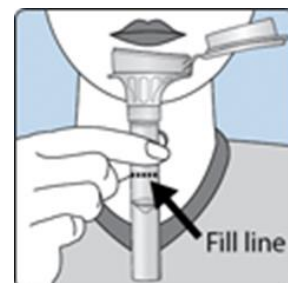
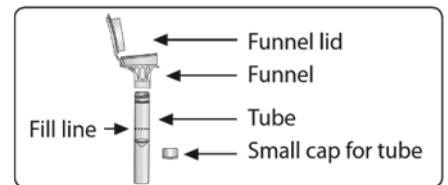
Please follow all instructions very carefully. You can contact the ENGAGE-D study phone line, 1-844-604-4164, or email us at engaged@icfsurveysupport.com, if you have any questions.

IMPORTANT: Please do NOT put your name or contact information on your sample tube (this protects your confidentiality). Instead, your sample has been labelled with a code. DO NOT remove this label. If we receive your sample without the label, we will not be able to send you the \$20 Amazon.com gift code.

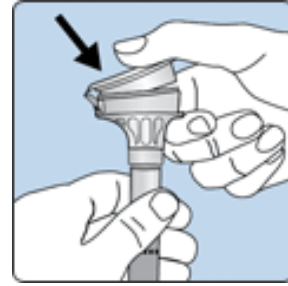
- Please read all of the instructions before opening the Oragene Discover saliva collection kit.
- **IMPORTANT:** Please make sure that at **least 30 minutes** have passed since eating, drinking, chewing gum or smoking before doing the saliva sample.
- Saliva collection will take approximately 2 to 5 minutes to complete. For some people, this may take a little longer. Please do not drink water within 30 minutes of or during sample collection.
- If you would like to watch a video in addition to reading the instructions below, use this link to a YouTube video https://www.youtube.com/watch?v=ks9YxGx_n50 or go to our website at <http://arg.org/engaged/>

Steps

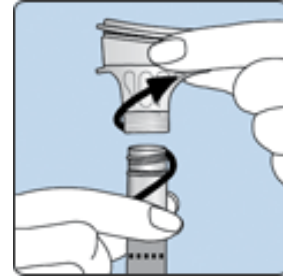
1. Prior to opening the collection kit, place two fingers on each cheek and rub cheeks gently in a circular motion for at least thirty seconds to help generate saliva.
2. Once you open the kit, you will find the collection tube with the attached funnel and a small cap.
 - Remove the tube with the attached funnel.
 - The flip top funnel lid has a plastic film over it, containing a clear solution that will be mixed with the saliva when the lid is closed. **DO NOT remove the plastic film from the funnel lid.**
 - Leave the small cap in the collection kit, as it will be used later.
3. Place the top of the funnel close to your bottom lip and start spitting into the funnel.
 - Continue to spit until the saliva reaches the dashed fill line.
 - The fill line is on the side of the tube.
 - Ensure that liquid saliva (not bubbles or foam) reaches the fill line.



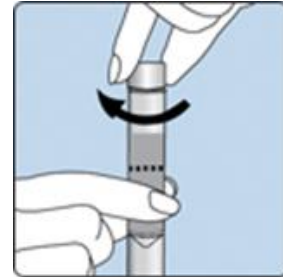
4. Once your saliva reaches the fill line, continue holding the tube upright and close the lid until you hear a loud click.
- The plastic film for the lid will break, mixing the solution with your saliva.
 - This solution will protect your sample until it is analyzed at the lab.



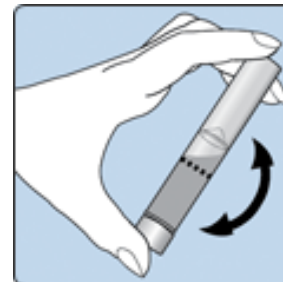
5. Continue holding the tube upright, and unscrew the funnel lid from the tube.



6. Retrieve the small cap from the collection kit, and screw it onto the top of the tube containing your sample, where the funnel lid was previously.
- Ensure cap is tightly screwed on to the tube.
 - After screwing on the cap, you can throw away the funnel lid.



7. Place your thumb and forefinger on the bottom and top of the tube, and rotate the tube up and down for five seconds.
- This will help mix the solution and the saliva sample.



Instructions for Shipping your Sample

- To decrease confusion, the materials that you are shipping to the VCU Genetics Lab have been color-coded with stickers.
- The saliva collection tube and cap, the plastic bio-specimen bag, and the envelope are all color-coded with **ORANGE** stickers.

Steps

1. Place the closed collection tube with the completed sample in the plastic bag with the orange sticker.
 - Do not remove the spongy square from the bag.
 - Remove as much air as possible.
 - Seal the bag by removing the plastic strip.
2. Place the sealed plastic bag (containing the sample) into the envelope with the orange sticker.
 - This envelope is already labeled with the shipping address and prepaid postage and will be sent to the VCU Genetics Lab.
 - Peel off the plastic strip and seal envelope.
3. Finish by mailing the envelope with your saliva sample back to us. If it fits, just place it in your mailbox! If it does not fit, please take it to a Post Office or drop it in a US Postal Service mailbox (the blue ones). The postage has already been paid.

