

Essential checklist

Keep this card in a safe place for tracking purposes



Thank you for choosing MyHealthChecked

- 1 Activate your test online** at www.myhealthchecked.com/activate-kit
- 2 Complete your details** on both the Shuttlepouch™ and the tube label
- 3 Make a note of the barcode number** on your tube label, in this box
- 4 Make a note of the Royal Mail tracking number*** in this box, so you can track its journey at www.royalmail.com
- 5 Send your swab back inside the box**, in the enclosed prepaid envelope to your nearest **Royal Mail Priority Box***. Find your nearest one by visiting: www.royalmail.com/services-near-you

* If using an alternative courier service, please note your tracking details and follow their instructions for drop off/collection.