

## Step 1: Complete paperwork



Your MyRisk test kit has included the test request form submitted by your healthcare provider. Please review the form and **add the following information**:

- **Date you collected your sample** to the test request form

Specimen collection date (required)
<input type="text"/>
(mm/dd/yyyy)



- Provide your insurance information and include a **copy of your insurance cards\***

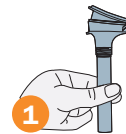
<b>6. Billing/payment information</b>	
<input type="checkbox"/> Option 1: Bill Insurance (Please attach copy of authorization/referral)	
Name of policy holder: _____	Name of insurance: _____
DOB: _____ (mm/dd/yyyy)	Insurance ID#: _____
<b>Sign here: Patient/responsible party</b> I agree to the billing terms on reverse. <input checked="" type="checkbox"/>	Authorization/referral: _____
Patient relation to policy holder: <input type="checkbox"/> Self <input type="checkbox"/> Spouse <input type="checkbox"/> Child <input type="checkbox"/> Other	
I understand that Myriad Genetics will contact me if I will be financially responsible for any non-covered service. To be considered for the Myriad Financial Assistance Program, please provide the following information: Annual household income \$ _____ Number of family members in household _____	
<input type="checkbox"/> Option 2: Patient payment (Please call Customer Service for questions regarding test prices or for credit card payment)	
<input type="checkbox"/> Option 3: Other billing (To establish an account, submit billing information with this form)	
<input type="checkbox"/> Bill our institutional account #: _____	or established research project code #: _____ or Authorization/voucher #: _____

Reminder: Include a copy of **both sides** of your insurance card(s). If you submit more than one card, indicate which is primary.

For tips on sample collection and shipping please see the back

## Step 2: Collect sample

Now it's time to provide your saliva sample.  
Please **do not** eat, drink, smoke, or chew gum for at least 30 minutes before giving your sample.



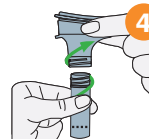
**1. Open** clear plastic box and remove collection tube



**2. Spit** into tube until the amount of saliva (not bubbles) reaches the fill line



**3. Close** lid on funnel lid until a loud click is heard



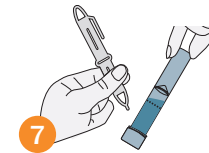
**4. Unscrew funnel** from top of tube



**5. Use small cap to close** tube tightly



**6. Shake** closed tube for at least 5 seconds



**7. Label** your sample by writing your name and date of birth on the tube, ensuring that it matches the test request form.

To learn more or to watch a how-to video, visit [www.myriad.com/myrisk-testing-instructions/](http://www.myriad.com/myrisk-testing-instructions/)

## Step 3: Package everything up



- The sample tube **must** be labeled with your name and date of birth
- Place the closed tube back into the plastic tray. You may discard the funnel lid
- Remove the plastic bag and mailing label from the test kit
- Place all other materials including the sample and any paperwork back into the test kit
- Close the test kit and place it into the provided plastic bag, then seal shut

## Step 4: Ship your sample

You have two options to send your sample to Myriad.



1. Place FedEx label found in test kit on top of the existing label, then drop off at a FedEx location (<https://local.fedex.com/en-us>)
- or
2. Ship from home with existing US Postal Service label that is on the plastic bag

You have access to Pre and Post-Test consults with a patient educator,  
a board-certified genetic counselor at no additional cost.

**MyRisk™**  
Hereditary Cancer Test

**MyRisk™**  
Hereditary Cancer Test



#### Pre-test education

Speak with a certified genetic counselor at Myriad if you have any questions about genetic testing. Call **888-356-0630**.



#### Post-test education consult

To help answer any questions that you may have about your result, go to [my.myriad.com/consults](https://my.myriad.com/consults). You will need your accession number located at the top of your result.

#### Tips

- It can sometimes take a while to produce enough saliva. Try rubbing your cheeks, pretend you are chewing, or think of (or smell) lemons to stimulate saliva
- Make sure to spit into the funnel until the amount of liquid saliva (not bubbles) reaches the fill line
- Please place all papers that were included with the kit back inside before mailing
- Keep sample at room temperature after collection and before shipping
- Any leftover packaging may be thrown away
- Ship sample within 1-2 days of collection of saliva

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#### Instructions on submitting your sample

Scan the QR code for  
a short video tutorial

Para instrucciones en  
Español, por favor visite



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genetics

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