Just In Health

Genova Lab Test Instructions for the Metabolomix Test Cash*

(Each test ordered will arrive separately.)

What you should receive:

- 1. Pre-paid FedEx envelope to send the lab test back.
- 2. Instruction on how to conduct the test.
- 3. Sample collection container.

What you need to do to complete the Metabolomix test:

- 1. Please make sure you are choosing the correct Metabolomix requisition form. **Only cash pay** patients are to choose this form.
- 2. If your insurance is not eligible for discount pricing, the cash test is the correct test for you.
- 3. Please fill out the requisition form with all of the required information. Please fill out everything except credit card and insurance information. Samples without requisition forms will be discarded.
- 4. Collect urine. Follow the instructions that came with the collection pack. Freeze for at least 24 hours.
- 5. Collect Blood Spots. Allow the collection card to air dry 24-hours. If the card is not completely dry, your sample may be unusable.
- 6. Return collection pack. Close the cardboard box and place inside the FedEx shipping bag. Follow the shipping instructions provided.
- 7. You may drop off, or have a FedEx pick up scheduled.

What you need to do next:

- 1. Dr Justin will go over your lab results with you as soon as they are in. We typically receive results within 3-4 weeks.
- 2. Make sure you have an appointment scheduled with the Dr Justin to review the results.
- 3. If you have questions, please feel free and reach out to the office.

NOTE: You MUST include your requisition form with your test kit or your sample will be destroyed, and you will pay more for this test.

For any other questions, please call Genova Lab at 800-522-4762.

Activate Online And Return This Form	Specimens for patients less that	an 2 years of age will be discarded.						
www.gdx.net/activate By activating online, you do NOT need to fill out this form, but you must return it for processing.	Date Final Sample Collected:	-						
GENOVA DIAGNOSTICS Phlebotomy PC	Sample Type: Mo. Day Year Sample Type: Urine, First Morning Votation and Bloodspot							
Requisition 🚟 Full Option		#1(
	X_Metabolomix+ #	# 3200 IIP 150 CP 31						
# 697-245-81	Profile Components	CPT Codes Other / MC						
GDX ID# A65E0	Organic Acid Markers							
Just In Health Justin Marchegiani, DC	Creatinine, Urine Citric Acid	82570 82507						
2028 E Ben White Blvd # 240-2655	Lactic Acid Pyruvic Acid	83605 84210						
Austin, TX 78741-6966 512-535-1817	Vanilmandelic Acid	84585						
NPI: 1477828408	5-OH-Indoleacetic Acid Homovanillic Acid	83497 83150						
	D-Arabinitol Oxalate	84311 83945						
	Organic Acids	83921 x 19 / 2						
	——Amino Acid Analysis, Urine Lipid Peroxides, Urine	82139 84311						
	8-OHdG	82542						
	Profile components available ind	ividually on separate requisitions.						
Austa Marches -	Add-on Tests							
x Justi Marchegiani	Essential and Metabolic F	- Fatty Acids - Bloodspot #3202						
Authorizing Provider Signature & Date (required)	Essential & Metabolic Fatty Ac	IIP 10 CP 39						
Please document medical necessity and the specific order for the test in the patient's medical record or progress notes with a signature and date from the referring	Behenic Acid Docosatetraenoic Acid	82726 82726						
physician in addition to providing a diagnosis code below.	Lignoceric Acid	82726						
Definition of Medical Necessity	Nervonic Acid	82726						
All claims submitted to Medicare/Medicaid for Genova Diagnostics laboratory services must be for tests that are medically necessary. "Medically necessary" is defined as a test or	Tricosanoic Acid	82726						
procedure that is reasonable and necessary for the diagnosis or treatment of illness or injury or to improve the functioning of a malformed body member. Consequently, tests performed for	IMPORTANT! Please choose between t Comprehensive Urine Elements. Both							
screening purposes will not be reimbursed by the Medicare program. Physicians may deem it medically necessary to order a single test or a portion of a profile. These guidelines are also contained in Genova's electronic ordering system, where all orders for Medicare beneficiaries	Toxic Elements Clearance							
must be submitted.	Aluminum	82108						
Billing Options Check only one option below. If no billing option selected, practitioner account may be billed.	 Antimony Arsenic 	83018 82175						
Medicare or Tricare Order	Barium	83018						
Medicare & Tricare orders MUST be registered online BY THE PRACTITIONER at www.gdx.net/activate and cannot be submitted with a paper requisition.	Bismuth	83018						
If not registered online, THE SPECIMEN WILL BE DISCARDED. DO NOT write Medicare on this requisition and expect that Genova can process it.	Cadmium Lead	82300 83655						
Medicaid patients- use No Insurance options.	Mercury Nickel	83825 83885						
Bill Practitioner Account Complete on reverse: Not available in the states of NY, NJ, and RI								
Bill Insurance with Patient Payment* Complete on reverse: Medicare Advantage patients – use Bill Insurance with Patient Payment Initial Insurance Payment from Patient: \$	Comprehensive Urine Ele Comprehensive Urine Elements inc Profile, plus the two listed below.	Ements #3204 IIP 20 CP 70 Evolution of the markers in the Toxic Clearance						
No Insurance Billing - (Cash Pay)* Complete on reverse: 1 (3) (4)	Calcium	82340						
Pre-payment- please include full Cash Price Amount Enclosed: \$	Magnesium	83735						
Payment plan- please include 25% of the Cash Initial Installment: \$	Genomic Add-ons							
Price amount* For payments & pricing please visit www.gdx.net/pay or ask your healthcare practitioner.	Please include a payment method f	o Medicare or other insurance carriers. for the full cost of each genomic marker,						
Potential ICD-10 Codes and Conditions	if applicable.							
IMPORTANT:	MTHFR (C677T & A1298C)	IIP 35 CP 35						
Please select or add the appropriate ICD-10 diagnosis code(s).	COMT (V158M)	IIP 35 CP 35						
R53.83 Other Fatigue E63.9 Nutritional Deficiency, Unspecified		IIP 35 CP 35						
F41.9 Anxiety Disorder, Unspecified	TNF-a	IIP 35 CP 35						
E61.9 Deficiency Of Nutrient Element, Unspecified		11 33 01 33						
G47.9 Sleep Disorder, Unspecified	The Metabolomix+ profile is not	t currently available in New York State						
L30.9 Dermatitis, Unspecified								
R53.82 Chronic Fatigue, Unspecified	Clinical Findings/Clinical Impressions:							
Other Codes:								
CPT & ICD-10 Codes Due to the possibility of regulatory and/or methodology changes, CPT and ICD-10 codes are subject to change without prior notification.								
THIS SPACE FOR LAB USE ONLY								



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Patient Guide

Metabolomix+

#3200



Abnormal kidney function or use of diuretics may influence test results.

Do not collect if there is blood in urine, including menstrual or other blood.

Valproic acid, acetaminophen and berberine HCl are direct assay interferants for certain analytes.

BEFORE YOU BEGIN Activate This Test

Visit **gdx.net/activate** and enter the number found on the Activation Label Card included with this collection pack.

STEP 1 Plan Your Collection

Use a calendar to plan your specimen collection. Ship Monday thru Friday and avoid US holidays which may cause delays.

4 Days before Collection

Consult your healthcare provider about stopping medications and supplements.

24-Hours Before Collection

Freeze freezer brick at least 8 hours.

Eat usual diet but avoid over-eating any single food or consuming an extreme diet.

Consume no more than six 8-ounce glasses of fluid over the 24 hours before collection.

Night Before Collection

Fast overnight. Water is okay.

If collecting cheek swab, brushing and flossing are okay but do not use mouthwash.

Morning of Collection

Do not practice normal oral hygiene, use mouthwash, eat, or drink anything other than water before collection.

Collect urine, cheek swab (if ordered), and bloodspot (if ordered) immediately upon waking.

24 Hours After Collection

Ensure urine tubes have been frozen and bloodspot card has dried for at least 24 hours before returning.

STEP 2 Specimen Collection

- 1. Review instructions from your healthcare provider at gdx.net/activate.
- Write your date of birth (DOB) and the date of collection on the labels provided. Attach a completed label to each of the four urine tubes. Attach a completed label to the blood spot card and paper swab envelope if your healthcare provider has ordered those collection types.

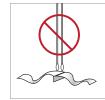
Collect Urine

- Collect your first morning urination in the provided cup. If you wake to urinate during the night, within 6 hours of when you typically wake for the day, collect your urine in the cup, refrigerate, then combine with your first morning urination collection.
- 2. **Stir**, then **transfer** urine from the cup to **each of the four tubes** using the pipette. Continue to add urine until each tube is nearly full. Avoid Contact with skin and eyes. For eye contact, flush with water thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. If ingested, contact a poison control center immediately.
- 3. **Recap** the tubes tightly and **shake**.
- 4. **Return** the tubes and absorbent pad to the biohazard bag and **freeze** for at least 24 hours. The **freezer brick** must be frozen at least 8 hours.

Collect Cheek Swabs (if ordered)

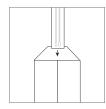
- Peel open the cotton tipped applicators just enough to remove the cotton swabs. Leave the package intact so that the swabs can be reinserted after collection.
- 2. Remove one cotton swab applicator. Do not touch the cotton tip.
- Open your mouth and aggressively scrape the inside of your cheek with the cotton swab using a back and forth, and up and down motion for at least 30 seconds. Rotate the applicator several times, and swab between the cheek and gums. Avoid excessive saliva.
- 4. Repeat steps 2 and 3 with the second swab.
- 5. Allow swab applicators to **air dry** for 15-20 minutes. **Return** them, swab first, to the applicator package. **Seal** package inside the paper envelope.











Collect Blood Spots (if ordered)

- 1. **Wash** hands with warm water for at least 20 seconds. Dry hands.
- 2. To improve circulation:
 - Hold your hand lower than heart level and gently massage the entire length of the middle finger for 30 seconds.
 - Firmly grasp the top knuckle of the middle finger for a few seconds.
 - Hang arm down and gently shake your fingers.
- 3. **Clean** the tip of your finger with the alcohol pad.
- Remove clear cover from the lancet. One end has a small hole in the center; press that end firmly against the appropriate location on your middle fingertip (see image) to engage the lancet.
- 5. Using your thumb, gently massage the entire length of the pricked finger to form blood drops. Touch the tip of each drop to a circle on the collection card. Do not smear. It is important you do not touch your fingertip to the card. Continue until blood has soaked to the border of the circle.



- 6. **Continue** this procedure until all four circles are filled. **If you are unable** to get enough blood from the first collection, repeat this procedure with a different finger.
- 7. Allow the collection card to **air dry 24-hours** then return to the biohazard bag with absorbent silica pack. If the card is not completely dry, your sample may be unusable.



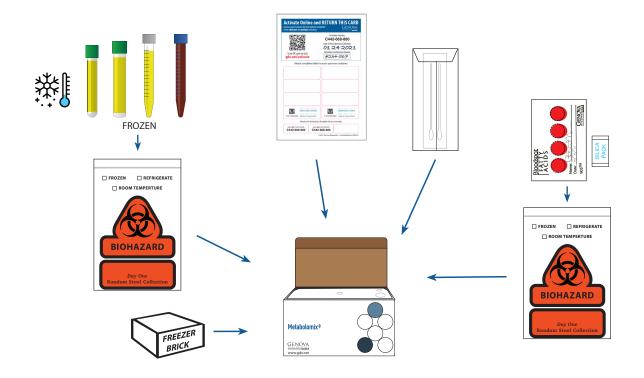






STEP 3 Return Collection Pack

- Confirm that each tube has a completed label attached with date of birth and the date of collection. Place the frozen freezer brick and the biohazard bag with frozen tubes inside the foam insulator. Replace the foam lid.
- If ordered, place the cheek swab envelope and the biohazard bag with bloodspot card and absorbent silica pack behind the foam insulator inside the cardboard box. Ensure that each specimen has a completed label attached.
- Visit gdx.net/activate to enter the date of your final collection and receive your confirmation code. Write the date of final collection and your confirmation code on the activation label card and place on top of the foam insert.
- 4. Close the cardboard box and place inside the FedEx shipping bag. Follow the shipping instructions provided.





Additional resources are available online. Visit **gdx.net/activate** and enter your activation number.