

# True You

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*At-Home Hormone Testing Kit*



Register your kit on  
our website



Collect your samples at  
home



Send to lab with prepaid  
shipping label

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We are excited you have chosen True You so you can begin your journey of discovering your results so you can get back to doing what you love.

Follow these instructions for the freedom to perform your at-home hormone testing panel.

## Get to know the true you.

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## What Comes In Your Kit



Alcohol Pad



Collection Strip



Lancet



Saliva Swab  
with cap



2 Biohazard  
Bags



Bandage



Prepaid  
Shipping  
Label



Envelope

## Safety First & Legal

Take a moment to read over and take notice of these safety disclaimers. This product is not intended to diagnose, treat or replace professional healthcare. Use caution when handling sharp objects. Keep away from children and pets. Manufacturer is not liable for injuries resulting from improper use of True You.

Risks include but are not limited to:

Pain at the injection site. Redness. Infection. Allergy to latex.



## Get Going

After registering your kit on our website using the serial number, wash hands thoroughly prior to taking samples. This is a two step process that involves a blood sample and a saliva sample.

1

Firmly grasp saliva swab and swirl around cotton tip for 2 minutes on inside of cheek. Carefully place the provided cap on the the cotton end to protect sample. Place in biohazard bag included and seal.

2

On your non-dominant hand, sanitize ring fingertip with provided alcohol pad. Twist and pull cap off the lancet and apply it to selected fingertip with light pressure. Push down on the purple button until you hear a noticeable click. Touch the fingertip to the top end of the collection strip and ensure blood fills until it reaches the purple line. Discard of lancet properly by placing provided cap back on and disposing. Place collection strip into the second provided biohazard bag.

3

Put both biohazard bags into provided envelope, seal, and stick prepaid shipping label in a visible place on envelope. Now, you are ready to ship.

What to expect: True You will provide your results within 2 weeks to the email address registered to the serial number.

Should you have any questions or concerns, please contact us using any of the following:



## Part 2

1. Who is your target audience? Provide as many demographics as possible, including but not limited to audience members' expected age, occupation, interest level, socioeconomic status, and so on.

My target audience consists of women of menstruation age and older. They may be experiencing symptoms such as unexplained weight loss/gain, irregular cycles, hot flashes, mood changes, depression, low energy, and other hormone-related issues. This product is meant to aid in providing answers by checking hormone levels. What women do with these results is up to them; whether they bring them to a doctor's appointment or they want to try more holistic approaches to taking control of their health.

2. What guided your font size and type decisions in this document? What informed your design decisions regarding headings, white space, line space, color and so on? List the main principles of page design you used in these instructions and explain how they helped you in your work.

What guided all of my decisions when it came to designing this document was ensuring everything was feminine and easy to follow. I have taken a lot of art classes throughout the years, and those lessons drove the design of my manual. I wanted the manual to be abstract but still easy to follow.

3. What problems, if any, did you encounter while writing the instructions? How did you solve them?

The problem I encountered while writing was finding a balance of being descriptive enough in my instructions without over-saturating with too much information. The way I overcame this was through a writing exercise I learned from a previous English class. I wrote down everything that came to mind in a two-minute time frame and then picked out the most relevant information. By doing this, I found I was able to gather the most important pieces while leaving out the 'fluff.'

The problem I encountered for the design part of my project was learning how to use the program itself. I have an Apple computer, so I used Pages, which was all new to me. I am pleased with the fact that I learned a new program, its capabilities, and made something I am proud of.

4. What planning steps did you complete before writing the instructions?

To plan my instructions, I researched disclaimers, words to describe my idea (e.g., Lancet), and finally, I sketched out a draft of the more creative ideas I had in mind. Once I had those things in place, I was ready to transfer my sketch to the computer.