

## About Lifebrain - Challenge of brain health

A healthy brain is essential to enjoy a productive human life. Many environmental, social, occupational, and lifestyle factors influence brain health. The Lifebrain project aims to identify these factors and understand how they influence brain development, cognitive function and mental health at different stages of life.

### Vision

Increased knowledge about risk and protective factors influencing brain health will enable better prevention of mental diseases and neurodegenerative disorders in Europe and worldwide. Better brain health means improved cognitive function in childhood, adolescence, and adulthood, and delayed onset of dementia. Better brain health also means reduced need for health care and improved working ability.

### Research strategy

Lifebrain integrates data from 6000 European research participants collected in 11 European brain-imaging studies in 7 countries. Lifebrain also aims to collect additional data and biological samples from some participants in the project.

### Stakeholder engagement

We invite the public to influence the research process by actively engaging patient organizations, policy makers, clinical and research centers. The project will provide the evidence base for prevention and intervention, improving clinical practice and public health policy for brain, cognitive function and mental health.

**Content:** 2 antiseptic wipes, 3 lancets, 2 band-aids, 2 blood sample collection cards, gauze-swab, 2 aluminium foil bags and instruction manual.

**Important information:** This is a simple home blood collection device, which can be easily used both at home and in medical institutions. The device contains 2 cards with sampling medium, where the circles represent the area to be filled with blood samples. Each sample collection card is packed in a paper envelope.

Vitas AS is a professional laboratory operating under strict medical regulations and quality control and will analyze the blood sample and report the result according to international standards.

**Contact:** [lifebrain@vitas.no](mailto:lifebrain@vitas.no)



Read the instruction manual. For video instructions, FAQ and additional information about the test - [www.vitas.no/lifebrain](http://www.vitas.no/lifebrain)



Store in a room temperature



Manufacturer



Serial number



In vitro diagnostics



Keep dry



Do not reuse



Expiry date



Do not use if the packaging is damaged



The product meets the applicable requirements of the European Commission directives



Do not touch / hold by the edges



Lifebrain



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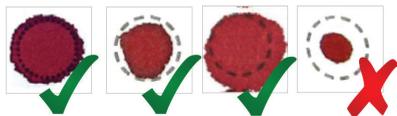
# DBS Collection Instruction Manual



Horizon 2020



## Acceptable blood spots



For additional information about acceptable spots refer to FAQ and video instructions - [www.vitas.no/lifebrain](http://www.vitas.no/lifebrain)

## Check and prepare kit content



Lancets (3x)



Band-aids (2x)



Gauze swab (1x)



Antiseptic wipes (2x)



Card sleeves (2x)



Blood sample collection cards (2x)



Aluminium foil bags (2x)

Instruction manual



Lifebrain

## 1. Wash hands with soap in warm water and dry them.

Rub your hands vigorously together to increase blood circulation.

## 2. Remove the cards from the plastic bags.

## 3. Open gauze-swab package.



## 4. Wipe the middle finger with antiseptic wipe.



## 5. Prick tip of the middle finger with lancet\*.



Twist off the protective tip of the lancet.

Place the smaller end of the lancet against the side of the middle finger tip. Press the lancet firmly into the finger and push the red button until you hear a click\*\*.

## 6. Wipe off first small blood drop.



\* Do not share sterile lancets with other people. To reduce the likelihood of an infection, they are only for your personal use. Always use a new sterile lancet. Lancets are for single use only.  
\*\*It is very important to safely discard the used lancet after each use in order to avoid accidental injury by lancet. Used lancets may be considered biologically hazardous waste in your country. Be sure to follow the requirements of local legislation for proper disposal.

## 7. Drip one large blood drop in each circle.



Squeeze the finger lightly and allow a large hanging blood drop to form.

**BE PATIENT!**

Place the hanging droplet above the circle on the specimen area. Let the drop, but not the finger, come in contact with the paper. Repeat procedure placing single drops in all circles.

**Do not touch the specimen area of the card!**

## 8. Attach the band-aid.



Clean finger with the gauze swab, and attach the band-aid.

## 9. Save the ID card.



Tear off the SAVE flap from the card and keep it for test results.

## 10. Place the card back into the card sleeve and let dry for 2 hrs. Then place card into aluminium foil bag.

Do NOT remove drying agent inside the aluminium foil bag!  
Post it immediately, at the latest on the follo

