



### **Instructions for Self-Testing**

***Insurance pays 100% of the cost of the tests. No share of cost to you and no balance billing by PMH. Guaranteed by The CARES Act.***

On the Patient Request Form, it is best to type your information on the form because it is a pdf fillable document. Or, print it and write legibly all the information. Clarity is vital for proper reporting of results to you. Tip: Save it as a template on your computer desktop so that you don't have to re-enter all your data for future tests. Then print one form per test. Make the Collection Date and Signature Date the same date. Make sure your Group/Organization name is entered at the top of the Patient Request form.

Complete one Patient Request Form per patient. For example, a family of four would complete four Patient Consent forms. Families can share a single email address for their family members. Put that same email address on each Patient Request form. Use a separate specimen bag per patient. Do not put an entire family of specimens and forms in a single bag. Parents sign as guardians for their minor children.

In addition to the Patient Request Form, each patient makes a copy, front and back, of their medical insurance ID card. Put this in the specimen bag. Make an insurance card copy per patient. That means every child has their own insurance card inside their own specimen bag. We know this step is tedious but it improves the turnaround time of your test result. Subsequent testing through PMH does not require insurance card copies unless there has been a change in your plan. If your plan has changed, we need a copy of the new insurance card. Patient Request Forms are needed for each and every test.

For each test tube, legibly write the patient name and date of birth on the sticker on the tube.

In each specimen bag, the patient puts in their Test Tube, the Patient Request Form and copy of their Medical Insurance ID card. If these forms are not in your bag, your test cannot be run.

For anyone uninsured, include the CARES Act Uninsured Affidavit along with a copy of your Government issued ID card such as a Driver's License. Put these in the bag. The State will pay for the test.

For the test itself, be sure to insert the swab into each nostril until you meet resistance. It should feel a bit uncomfortable in order to get a good sample. Spin the swab at least 5 seconds per nostril. See Anterior Nares instructions. Screw the cap back on the tube snugly.