

# FAQ

**Q: What is AIDS?**

A: AIDS (Acquired Immunodeficiency Syndrome) is a disease that limits the body's ability to fight infection. A person with AIDS has a very weak immune system, turning normally mild or rare diseases into potentially fatal conditions.

**Q: What is HIV?**

A: HIV (Human Immunodeficiency Virus) is the virus that causes AIDS.

**Q: How can you tell if someone is infected with HIV?**

A: Only with a blood test. A person can be HIV-infected for many years while looking and feeling healthy, with no signs at all of being sick.

**Q: Who is most likely to become infected?**

A: Anyone can become infected with HIV. HIV is transmitted sexually, through drug use by contaminated needles and during pregnancy from an infected mother to her unborn child. HIV can also be transmitted by breast feeding.

**Q: How can I be exposed to HIV?**

A: Unprotected sex with someone who is infected or sharing a needle or syringe with someone who is infected.

**Q: What is unprotected sex?**

A: Sex without a latex condom or other barrier methods. HIV is found in semen, vaginal fluids and blood. HIV can enter the body through any type of sexual intercourse, including vaginal, anal and oral sex.

**Q: What about doing drugs?**

A: Injecting drugs using a needle that has been used by someone else is risky because it can contain infected blood from that person. Any drug use, including alcohol, affects judgment and can contribute to exposure to HIV infection.

**Q: What are the ways to prevent or reduce exposure to HIV infection?**

A: The best way to reduce risk is to always use a latex condom correctly for all sexual intercourse. Quitting is the best prevention if you are using injectable drugs. But if that isn't an option, then people should always use a sterile needle to inject drugs and never use somebody else's equipment.

**Q: What about pregnancy?**

A: A pregnant women can help prevent or dramatically reduce the chances of transmitting the virus to an unborn child through specifically prescribed drug treatments during pregnancy. As a measure of protection, it is especially important for pregnant women to be tested for HIV as soon as possible then, if necessary, seek assistance with a physician experienced in treating HIV/AIDS.

**Q: What exactly is an HIV antibody test?**

A: The human body makes antibodies to fight all kinds of infection. If you become infected with HIV, your body creates HIV antibodies. Just like doctors' offices and clinics, Home Access tests your blood for HIV antibodies.

**Q: How soon do these antibodies show up?**

A: In most infected people, the antibodies will show up in the blood within six weeks to 3 months. But in some people, it might take up to six months. This is important because the test cannot detect recent infections. For example, if you became infected in January, you may not test positive until June.

**Q: What does a negative result mean?**

A: It means that HIV-1 antibodies were not found by a laboratory in a particular blood sample.

**Q: Can I test negative and still be infected?**

A: Yes, because it takes some time for your body to produce HIV antibodies, there is a period of time when recent infections may not be detected.

**Q: What does a positive result mean?**

A: It means that HIV-1 antibodies were found by the laboratory in a particular blood sample and the individual providing that sample is infected. That individual is capable of passing the virus to someone else.

**Q: What does an indeterminate result mean?**

A: It means a laboratory could not confirm the presence of HIV-1 antibodies in a particular blood sample. It could mean that an individual may be in the process of converting from being negative to being positive. It could also be due to other medical factors. In either case, it is recommended that the individual be re-tested.

**Q: What does an insufficient result mean?**

A: An insufficient result refers specifically to the Home Access® HIV Test system. It means that HIV-1 antibody testing could not be performed on the blood sample that was sent to the laboratory. This happens most often because there was not enough blood to test. If you use Home Access HIV testing, make sure you follow all printed instructions regarding the collection of a blood sample.

**Q: How accurate is the Home Access HIV at-home test?**

A: Home Access' HIV tests are doctor recommended and designed to provide you with a scientific test result that you can trust. Home Access' HIV tests use the same tests run by doctors and hospitals and is clinically proven to be greater than 99.9% accurate. Data from our Phase III clinical trials have been published in the American Medical Association's Archives of Internal Medicine (Vol. 157, 2/10/97). You can request to receive a free reprint of this study.

**Q: What does FDA approved mean?**

A: Our entire service has been scientifically reviewed for safety and effectiveness by the U.S. Food and Drug Administration (FDA). FDA granted Home Access Health nationwide clearance to market its service on July 22, 1996. The Home Access at-home telemedicine HIV counseling and testing service is the ONLY such service available in the United States approved by the U.S. Food and Drug Administration. In the past, FDA has warned consumers against purchasing or using any HIV testing service (especially over the internet) that has not been FDA approved.

**Q: Why get tested for HIV?**

A: Generally speaking, there are a number of reasons that prompt a person to take an HIV test. Whether it is: entering a new relationship, switching birth control, reassurance for a healthy pregnancy or concern you may have been exposed to HIV through unprotected sex--getting tested for HIV can help foster peace of mind, regardless of your test result. And, if you are concerned about testing positive for HIV, it is important to recognize that today more than ever before, there is new medical treatment that is helping thousands of people infected with HIV lead healthier, active lives.

**Q: Is the Home Access® test anonymous?**

A: Yes. We guarantee that all Home Access test results are completely anonymous. Included in your test kit is a personal 11-digit code number. You are the only person who can share your code number or result with anyone else.

**Q: How does it work?**

A: It's easy. Just call in to register your anonymous Home Access Code Number. Then collect a blood spot sample by following the instructions included in your kit. (If you have questions, you can call our toll-free number for assistance.) Ship your sample back to our laboratory for processing and then call in to find out your test result. After shipping your blood sample, you call back on the same toll-free number after either three or seven days (depending on which kit you purchased).

**Q: When can I get my results?**

A: The Home Access Express® offers results in just three business days. If you purchase Home Access® your test result will be ready in about a week.

**Q: How are results given?**

A: Once your test is processed, you call in to find out your test results. You retrieve your results by calling our toll-free number included in your test kit. If you are transferred to a counselor, there is no reason to panic, this does not automatically mean that you have tested positive.

**Q: Can I get a copy of my results in writing?**

A: Yes, you must first obtain your results over the phone. Then send a self-addressed stamped envelope along with a written request noting your code number to:

**Mail Back Results  
Home Access Health  
2401 W. Hassell Road  
Suite 1510  
Hoffman Estates, IL 60195**

For results via email, send an email to [hivresult@homeaccess.com](mailto:hivresult@homeaccess.com). Be sure to provide your code number in the email.

When results are sent via email they are sent in a Portable Document Format (PDF) attachment which includes your Personal Identification Number (PIN) and your result. The email is not sent in encrypted form and therefore your result, PIN and email address could be read by someone on the Internet. If you have concerns about these limitations please request your results via U.S. mail.

To order by telephone please call 1-888-882-7739 or visit [www.CLIAwaived.net](http://www.CLIAwaived.net)

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# Product demonstration

For actual use please follow the directions in your kit

## STEP 1: Registering your code number

### Step 1.a. - Save Your Home Access Code Number

Tear off the top sheet of your Blood Specimen Collection Card. It contains your personal Home Access Code Number. Keep your code number in a safe place.



### Step 1.b. - Read Informed Consent Section

Before registering your Home Access Code Number, read the conditions of [Informed consent](#) found here.



### Step 1.c. - Register Your Home Access Code Number

Before collecting your blood spot specimen, you must call 1-800-400-8988 to register your code number. Register any time, 24 hours a day, seven days a week. Counselors are available (except holidays) for assistance and to answer questions



## STEP 2: Collecting a blood spot specimen

### Step 2.a. - Find a Clean, Dry Place to Collect Your Blood Spot Specimen

Place your specimen collection kit on a clean, dry surface where you can work without interruption for about 20 minutes.

### Step 2.b. - Read All Specimen Collection Instructions

Read and carefully follow the directions for use inside your kit.



**Step 2.c. - Wash and Dry Hands**



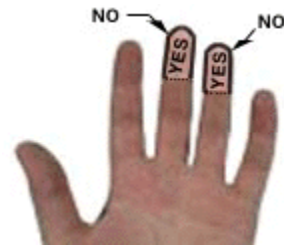
Wash your hands with soap and warm (not hot) tap water. Dry your hands thoroughly.

**Step 2.d. - Uncover Blood Specimen Collection Card Circle**



Before you draw your blood drops, uncover the printed circle on the Blood Specimen Collection Card.

**Step 2.e. - Choose Finger and Puncture Site**



Choose a puncture site on the "soft" pad of the fingertip, preferably on the middle or ring finger.

**Step 2.f. - Clean Puncture Site with Alcohol Prep Pad and Dry with Gauze Pad**



Clean the selected puncture site with the Alcohol Prep Pad.

**Step 2.g. - Stimulate Blood Flow to the Fingers**



Let your hand with the finger you intend to lance hang at your side for 30 seconds. Vigorously "shake" your fingers and arm back and forth for a few seconds.

**Step 2.h. - Position your Hand and Safety Lancet**

Support the back of your hand on a table or countertop with the palm up. Place the Safety Lancet in the other hand between the first and second fingers. Your thumb should be on the lancet trigger.



**Step 2.i. - Draw Blood Drops**

Firmly press the tip of the Safety Lancet against the pad of the selected finger, using steady pressure to form a dimple. Forcefully depress the lancet's trigger with your thumb.



**Step 2.j. - Apply Pressure to Finger Near Puncture Site**

Turn your hand over and let large drops of blood collect at the puncture site. To increase blood flow, use your thumb and first finger on your other hand to gently apply pressure around puncture site.



**Step 2.k. - Add Blood Drops to Circle on Blood Specimen Collection Card**

Once a large drop of blood has formed, touch the blood drop gently inside the circle printed on the Blood Specimen Collection Card . Apply blood drops inside the circle until it is completely filled.



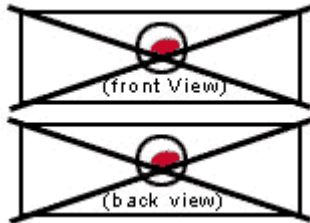
**Step 2.l. - Check Back of Circle to See if Blood Soaked Through**

**Right**



To ensure you have enough blood on the Blood Specimen Collection Card pull back the protective cover and inspect the circle on the back (see diagrams below). If there are areas where the blood has not soaked through, place additional blood drops on the **front** side of that area until the circle on the back is completely filled.

**Wrong**



**Step 2.m. - Apply Bandage**

After completely filling the circle with blood, apply an Adhesive Bandage to the puncture site.



**Step 2.n. - Place Used Safety Lancet(s) in Lancet Disposal Container**

Put used Safety Lancet(s) in the Lancet Disposal Container. Snap the container shut by pressing down hard on the lid. Safely dispose of the sealed Lancet Disposal Container and all other used materials in your home garbage.



**Step 2.o. - Write Your Code Number and Collection Date**

Write your Home Access Code Number and the date you collected your specimen on the Blood Specimen Collection Card in the space provided. **DO NOT SIGN YOUR NAME!**



**STEP 3: Shipping your blood specimen card**

**ALLOW BLOOD SPOT TO AIR DRY FOR 30 MINUTES BEFORE BEGINNING THIS STEP.**

**Step 3.a. - Place the Blood Specimen Collection Card in Specimen Return Pouch after Drying**

Fold the protective flap back to its original position on the Blood Specimen Collection Card. Place the Blood Specimen Collection Card in the Specimen Return Pouch.



**Step 3.b. - Tightly Seal Specimen Return Pouch**



Peel off the adhesive cover at the top of the Specimen Return Pouch. Fold down along the perforation. Press down hard along the back of the fold to seal it tightly.

**Step 3.c. - Place Specimen Return Pouch in Cardboard U.S. Mail Envelope**



Place the sealed Specimen Return Pouch in the Cardboard U.S. Mail Envelope. To seal the Cardboard Envelope, peel off the adhesive cover, fold down the flap and press down hard on the flap.

**Step 3.d. - Use U.S. Postal Service for Shipping**



Take the sealed Cardboard U.S. Mail Envelope to any United States Post Office Mail Box for delivery. This envelope has been printed with prepaid postage.

**STEP 4: Getting your results**



To get your test result, you must have your Home Access code Number. Use your touch-tone phone and call the 800 number in your package directions. If you do not have a touch-tone phone, a counselor will assist

To order by telephone please call 1-888-882-7739 or visit [www.testyourselfathome.com](http://www.testyourselfathome.com)