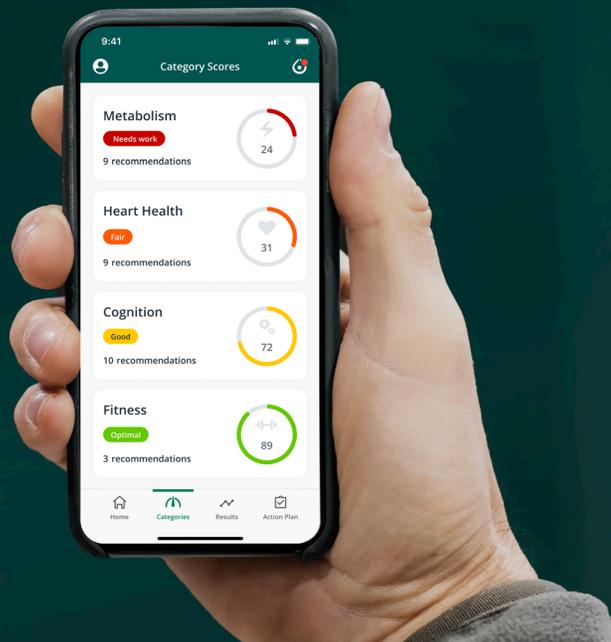


# How To Join InsideTracker

Whether you're new to InsideTracker or are a long-time customer, here are the steps to purchase a plan, ensure your account is set up, get your results, and use InsideTracker's platform.



## Join InsideTracker

### 1 Select a plan:

Select a plan to unlock access to InsideTracker's platform and all of its features.

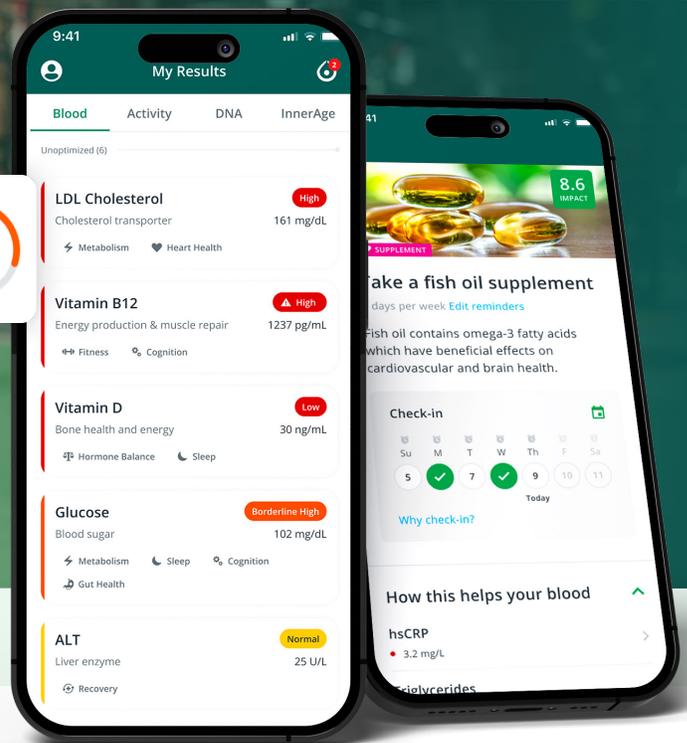
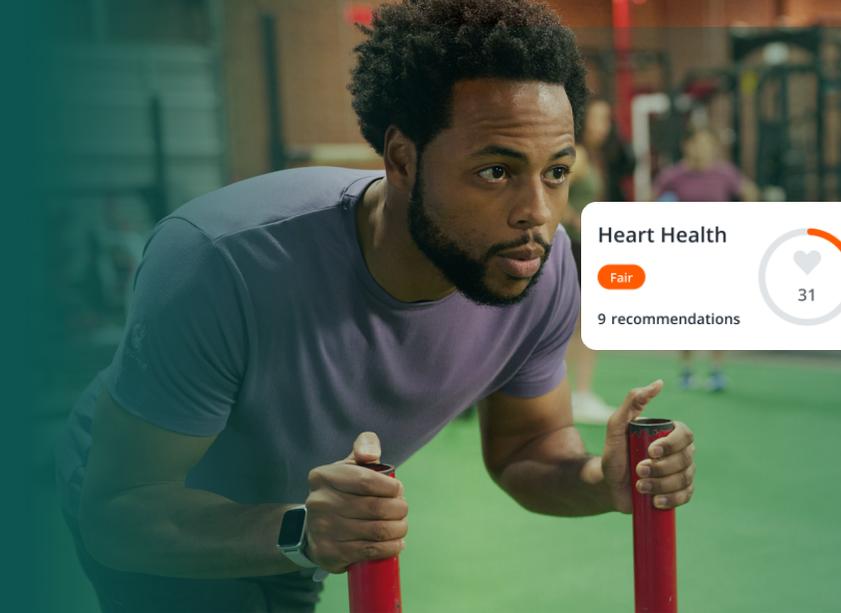
- **Ultimate + Membership** is the most popular and comprehensive blood analysis plan InsideTracker offers (10 healthspan categories). Purchase a bundle of Ultimate Plans (2 plans or 4 blood plans) for upfront savings and to fast track your ability to retest every 3-6 months.
- **Foundation + Membership** covers 4 healthspan categories for a baseline analysis of your health.
- **InsideTracker Membership** is a great choice if you have recent bloodwork and want to further analyze the data and get an Action Plan to improve it.

### 2 Select a blood draw method:

Before purchasing a plan, choose between two options: getting your blood drawn at your local Quest Diagnostics (most common option) or adding on a mobile blood draw to have a licensed professional draw your blood from the comfort of your home or office for \$119. In certain states (NY, NJ, RI, AZ, HI, a mobile blood draw is required).

### 3 Select add-ons:

Add on an **InnerAge 2.0 calculation** to determine your biological age, a **DNA Kit** to understand how your genetic predispositions impact your health, and **Estradiol + Progesterone** to better understand your hormone balance.



## Get your blood drawn

### 4 Set up your account:

Once you've purchased a blood test, complete your account set up.

### 5 Use a test:

In your account, select "Orders" and then "Use Test." This will get your order approved by a physician. It can take up to 48 business hours and needs to be completed before scheduling your blood draw. You'll receive a notification (a text and email) when your order has been approved.

### 6 Schedule and complete your blood draw:

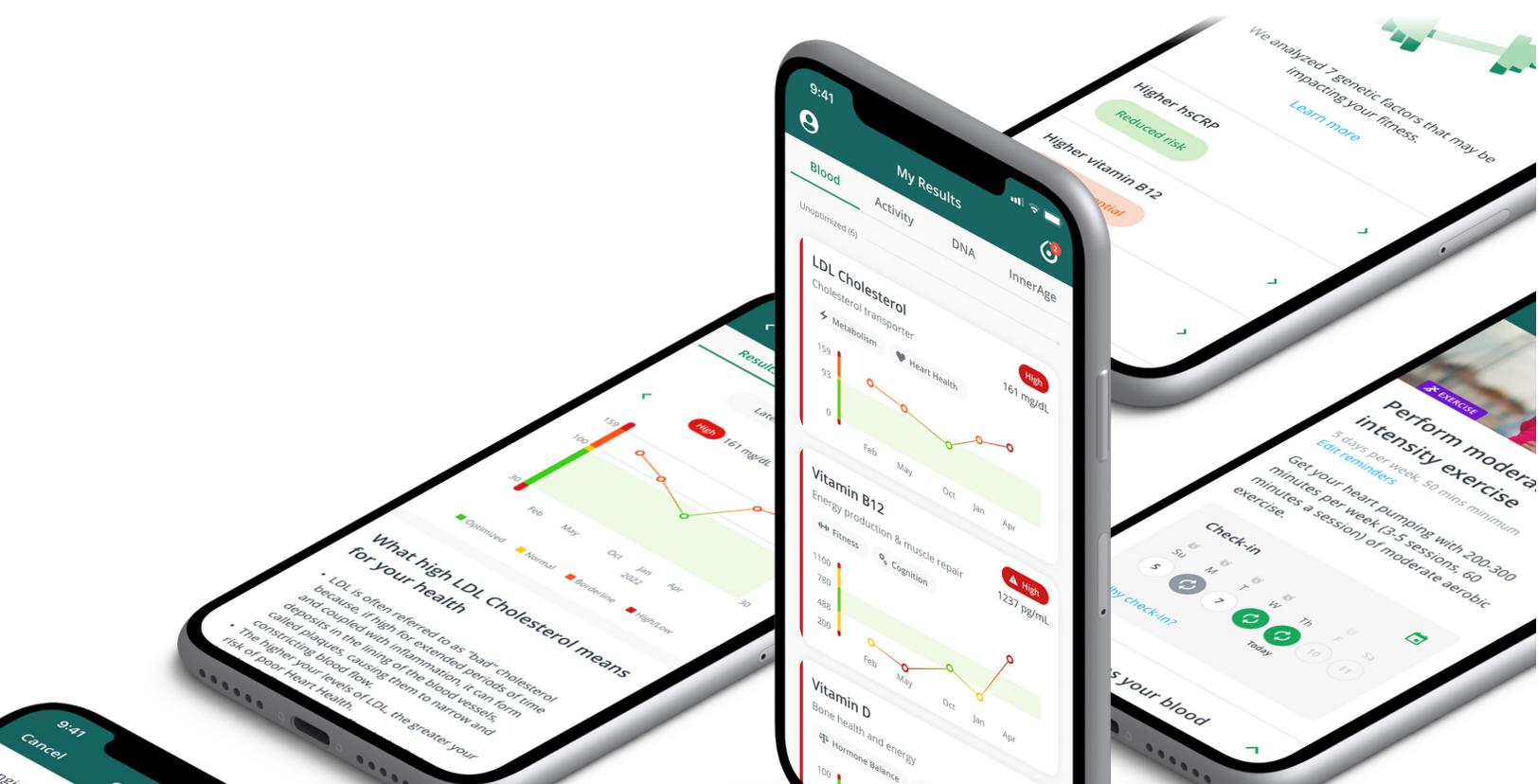
Schedule your blood draw, whether it's in a lab (like Quest Diagnostics) or a mobile blood draw. Scheduling instructions will vary by lab:

- **Quest:** To schedule an appointment with Quest, go to [www.questdiagnostics.com](http://www.questdiagnostics.com) and select "Find a Location." Enter your zip code. Under "Test Type," select "All Other Tests". Select "No" for the insurance prompt as you have already paid for your test.
- **Phlebotinders/ExamOne:** Your phlebotomist will call you directly to schedule your test. Expect to receive a blood draw kit in the mail prior to your appointment.
- **DynaCare:** Your phlebotomist will call you directly to schedule your test. Your phlebotomist will bring your blood draw kit to the appointment.
- **GetLabs:** You will receive a scheduling link via an email from InsideTracker. Please skip the order upload; InsideTracker will take care of it. Your phlebotomist will bring your blood draw kit to the appointment.



## Get your blood drawn

- 7 Prepare for your blood draw:**  
Remember to review and follow these [instructions](#) leading up to your blood draw day.
- 8 Complete your Health Profile:**  
While you wait for your blood results (5-10 days), complete your [Health Profile](#) in your InsideTracker account. Remember, the more information you fill out, the more personalized your results and recommendations will be.





## Use InsideTracker's platform

- 9 Download the iOS or Android mobile app:**  
Download the InsideTracker app so that you can easily view your results once they're ready.
- 10 Connect your fitness tracker to the app:**  
Connect your fitness tracker (Apple Health, Garmin, Oura, etc.) to the InsideTracker app for more sophisticated insights and recommendations.
- 11 Review your results:**  
Once your results are ready, review them in the InsideTracker app (or on the web dashboard).
- 12 Add recommendations to your Action Plan:**  
Read more about each of your recommended actions. Toggle them on or off to customize your Action Plan based on what's realistic for you.
- 13 Check-in:**  
Check-in to your recommendations as you complete each daily action.
- 14 Retest**  
To track and analyze your progress, retest your blood biomarkers after 3 to 6 months.

Ready to get started? Visit [insidetracker.com](https://insidetracker.com) today.