

EFUNCTIONAL

REDISCOVER YOURSELF



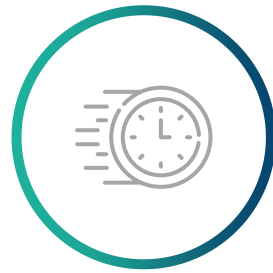
Healthcare is Evolving



The Covid-19 pandemic has ushered in new philosophies and expectations around HealthCare that are upending the time-honored model of office-based care. They revolve around:



Convenience



Fast Service



Connectivity



Price Transparency

“There is a generational shift. These trends are more evident among millennials, but not unique to them. I think people’s expectations have changed. Convenience [is prized] in almost every aspect of our lives,” from shopping to online banking.

~ Dr. Ateev Mehrotra, an internist and associate professor in the Department of Health Care Policy at Harvard Medical School

Home-Based Diagnostics



6.1-11.3%

2022-2029 Estimated compound annual growth rate for the At-Home Testing Kits Market



30-50%

Percentage of consumers comfortable using at-home diagnostics (Deloitte survey)



8.11 Billion

Self-testing market size by 2027 (Brandessence Market Research)

An online healthcare marketplace offering At-Home
Diagnostic testing, education and a powerful platform for
Employers and their Employees



Introducing

EFUNCTIONAL





An online healthcare marketplace for Employers and their Employees

At-home Wellness Screenings

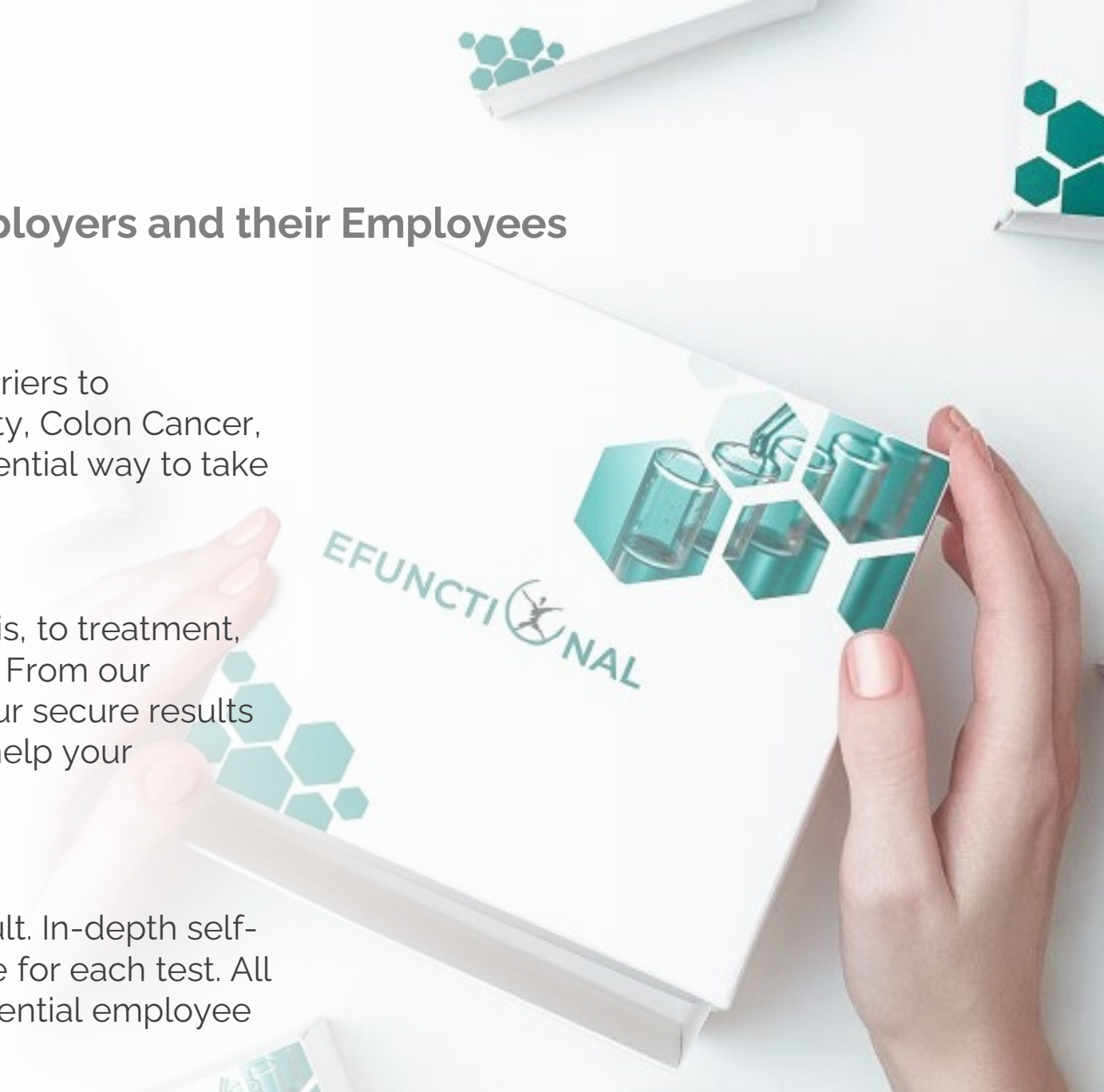
Efunctional at-home tests and screenings remove barriers to engagement. Micronutrient Deficiency, Food Sensitivity, Colon Cancer, and STD tests offer clients, an easy, quick, and confidential way to take charge of their health and wellness from home.

Condition Management

Support members from sample collection, to diagnosis, to treatment, and beyond with Efunctional's all-inclusive resources. From our affordable and convenient sample collection kits to our secure results and resources portal, Efunctional is here to help you help your employees achieve better health.

Clinical Support

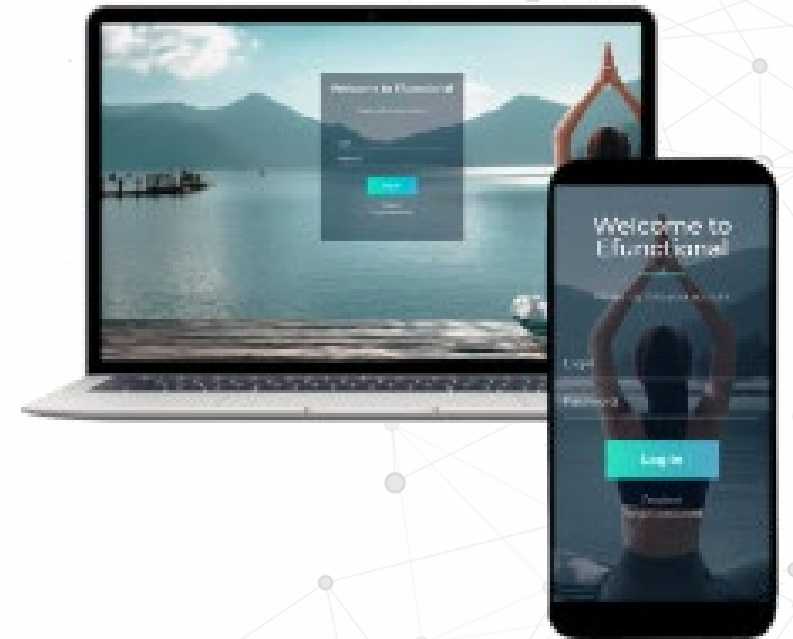
Board-certified Physicians review each order and result. In-depth self-collection instructions and video tutorials are available for each test. All results are housed on Efunctional's secure and confidential employee portal.





An online healthcare marketplace for Employers and their Employees

- ✓ Manufacture all sample collection kits at our US based facility
- ✓ Provide your employees with the Efunctional test kit menu
- ✓ Send our trained and certified mobile phlebotomists to collect blood samples (when relevant)
- ✓ Have a team of physicians to review your orders and results
- ✓ Results provided via a secure employee/patient portal
- ✓ Our laboratory partners meet the same standards as laboratories used by healthcare professionals in medical facilities. They are CLIA-approved and CAP-accredited, the highest levels of accreditation.
- ✓ Provide detailed, easy to understand, and educational reports





At-home Healthcare for Your Employees

Integrate Efunctional's at-home healthcare solutions into your wellness offering

- Enable self-wellness for your employees
- Increase employee retention
- Differentiate your business and total package offering
- Decrease premiums

Efunctional

- **At-home Diagnostics:** Efunctional offers a comprehensive range of easy-to-use diagnostic and screening test kits, empowering your employees to collect samples from the comfort and privacy of their own homes. This hassle-free approach not only enhances convenience but also encourages proactive health monitoring.
- **Patient Dashboard:** With Efunctional's secure and confidential platform, employers gain comprehensive control and oversight of the healthcare benefits provided to employees. Our Employee Portal allows your workforce to track test kits, access results reports, and stay informed about their health status with ease.
- **Clinical Support:** At Efunctional, we take the health and well-being of your employees seriously. Our in-house clinical team, comprised of expert physicians, is ready to provide guidance and support throughout the entire process. From reviewing orders to ensuring the accuracy of results, our clinical team ensures that your employees receive the highest level of care.





A cohesive program for a positive employee experience

Integrated at-home sample collection kits, clinical-grade testing, and a digital management platform center a cohesive client experience to boost engagement, compliance, and satisfaction.

By embracing Efunctional's home-based healthcare solutions, you can achieve several key benefits for your organization



- **Enhanced Employee Retention:** Providing at-home healthcare benefits demonstrates your commitment to employee well-being, making your organization a more attractive place to work.
- **Negotiation Leverage:** Equipped with our home-based healthcare offerings, you can leverage stronger negotiations with healthcare payors, potentially reducing overall healthcare costs.
- **Improved Workforce Health:** Empower your employees to take charge of their health by offering them the convenience of monitoring and managing their well-being from home.
- **Early intervention:** By enabling employees to monitor their health from home, potential health issues can be identified and addressed at an earlier stage. Detecting conditions early not only leads to more successful treatment outcomes but can also significantly reduce long-term healthcare costs. Early intervention can prevent the progression of diseases, reduce hospitalizations, and decrease the need for costly medical procedures. With Efunctional, you're not just investing in the present well-being of your employees; you're also investing in a healthier and more cost-efficient future.

Physician Oversight and Review



Efunctional offers an extensive network of board-certified physicians who review, oversee and ensure the accuracy of testing for the Efunctional test kits. This level of physician oversight provides Employers with a reliable and convenient option to offer comprehensive testing services to their clients.

Additionally, for a positive STD result, Efunctional provides a complimentary phone consultation with a physician, ensuring that all necessary steps are taken to address the situation.



High-quality Lab Services

Efunctional utilizes CLIA-certified and CAP-accredited laboratories. These labs use the same tests and techniques used by primary care providers and hospitals. Fast and accurate processing.



EFUNCTIONAL

A Varied Offering of At-home Tests



Colon Cancer Screenings

Efunctional's home fecal colon cancer screening kit is an easy and cost-effective way to encourage eligible patients to stay current on colon cancer screening..

Wellness Tests

Micronutrient and food sensitivity tests provide patients with insights into their health and wellness, as well as the resources, like custom supplements, to improve these health factors..

Sexual Health

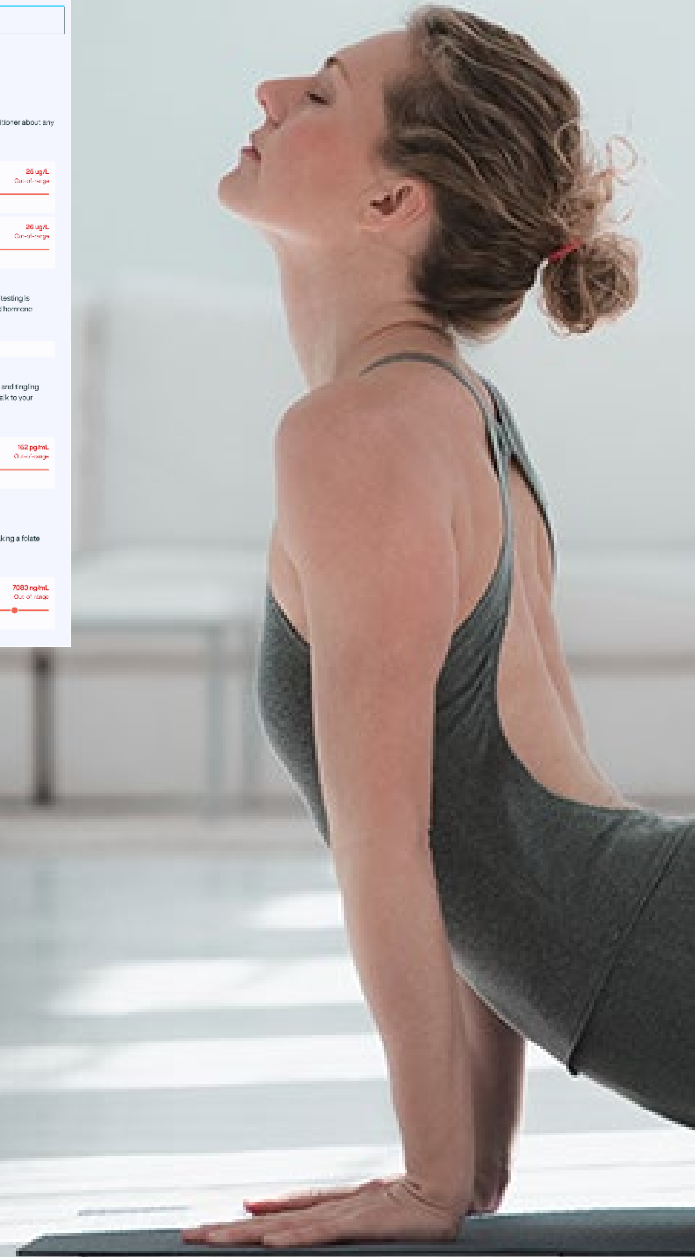
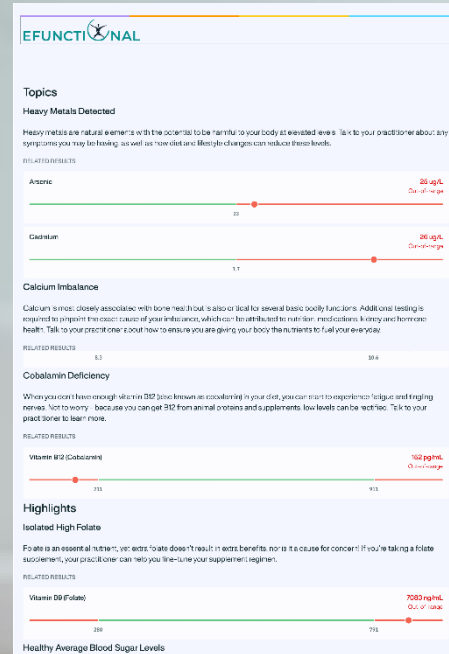
The Efunctional at-home STD test offers an easy, confidential, and reliable way for patients to get regular preventative STD screenings.

Micronutrient Test Kit



The Micronutrient Test provides key insights into your overall health by identifying essential vitamins and minerals that may be deficient in your diet.

- Arsenic, Cadmium, Calcium, Copper, Hematocrit, Hemoglobin A1C, Magnesium, Mercury, Selenium, Vitamin 25OH-D, Vitamin A, Vitamin B1, Vitamin B12, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B7, Vitamin C, Vitamin E, Vitamin K1
- A Certified Concierge Mobile Phlebotomist will go directly to your clients home, or location of choice
- Personalized Supplement Recommendations



Safe, Easy, Qualified Support



A Certified Concierge Mobile Phlebotomist will go to the employee's home, or location of choice to draw the specimen



Natalia Sveripska · Aug 2, 2022

Topics

Heavy Metals Detected

Heavy metals are natural elements with the potential to be harmful to your body at elevated levels. Talk to your practitioner about any symptoms you may be having, as well as how diet and lifestyle changes can reduce these levels.

RELATED RESULTS

Arsenic



Cadmium



Calcium Imbalance

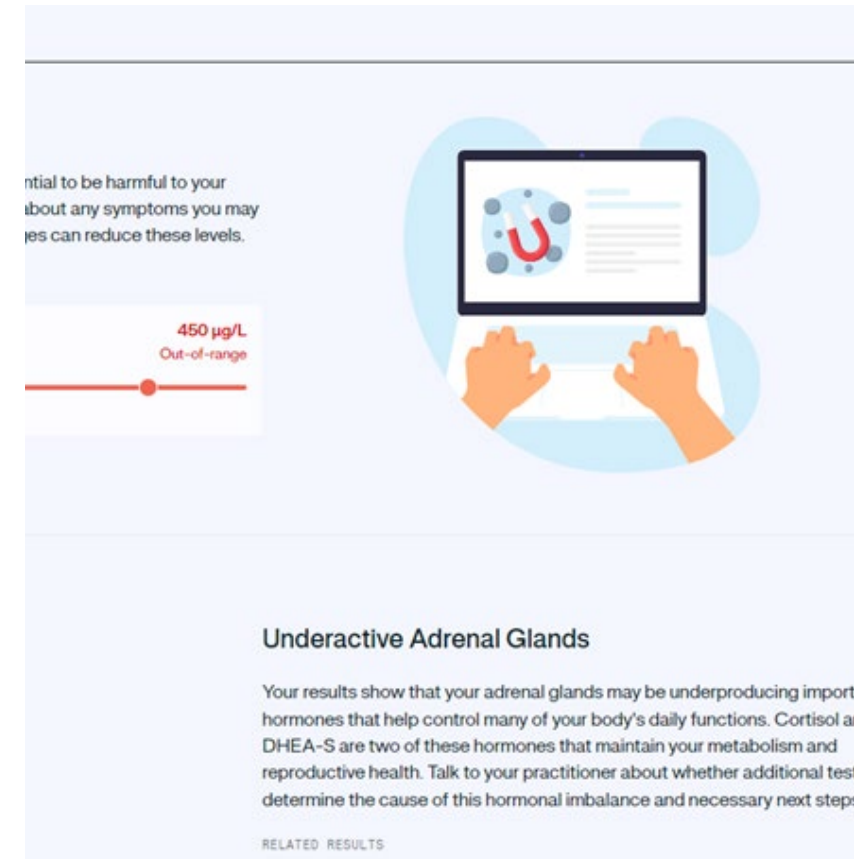
Calcium is most closely associated with bone health but is also critical for several basic bodily functions. Additional testing is required to pinpoint the exact cause of your imbalance, which can be attributed to nutrition, medications, kidney and hormone health. Talk to your practitioner about how to ensure you are giving your body the nutrients to fuel your everyday.

Educational Report

- ✓ Easy to Read and Understand
- ✓ Educational resource for each marker tested
- ✓ Color graphs to easily view both in and out-of-range test results
- ✓ Cumulative Report
 - Collects and shows prior results in chart format via interactive report

Education is Key

- At Efunctional, we believe that knowledge is the key to informed and proactive healthcare. That's why we provide more than just test results; we offer a comprehensive educational experience with every result. With each Efunctional test, you'll receive in-depth insights into each individual test marker. We explain not only what the test measures but **also** what it means for you as an individual. Our educational materials cover potential symptoms or implications associated with each marker, empowering you with a deeper understanding of your health. We are committed to ensuring that our test results are not just numbers but valuable tools that help you make informed decisions and take control of your well-being.



ntial to be harmful to your
about any symptoms you may
es can reduce these levels.

450 µg/L
Out-of-range

Underactive Adrenal Glands

Your results show that your adrenal glands may be underproducing important hormones that help control many of your body's daily functions. Cortisol and DHEA-S are two of these hormones that maintain your metabolism and reproductive health. Talk to your practitioner about whether additional tests determine the cause of this hormonal imbalance and necessary next steps.

RELATED RESULTS

The infographic features a central illustration of a person's hands typing on a laptop. The laptop screen displays a stylized 'U' with a red outline and a blue background, surrounded by various icons representing health and data. To the left of the laptop, there is a horizontal red line with a red dot at the end, indicating a value of 450 µg/L, which is labeled as 'Out-of-range'. Above the laptop, there is a text box with a light blue background and a thin border, containing text that is partially obscured but appears to be a warning or instruction related to the test results.

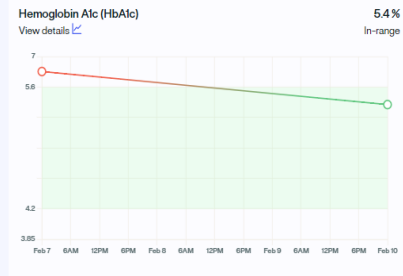


Additional Learnings

Improving Blood Sugar Levels

Your hemoglobin A1C represents an average of your blood sugars over the past 3 months. Your results show that your average blood sugar levels have significantly improved since the last time you were tested, and that you are now no longer in the pre-diabetic range! This is a great sign for your long-term metabolic health, keep up the good work!

RELATED RESULTS



- FEB 10 LAB
- KEY FINDINGS
- HEAVY METALS DETECTED
- UNDERACTIVE ADRENAL GLANDS
- LOW SEX HORMONE BINDING GLOBULIN
- ADDITIONAL LEARNINGS
- FULL RESULTS

[View full results](#)

[Download PDF version](#)

FEB 07 - FEB 10

Since your last visit, your Hemoglobin A1c (HbA1c) is in-range.

Hemoglobin A1C measures the percentage of the hemoglobin proteins in your red blood cells that are coated with glucose, the body's sugar molecule. Hemoglobin A1C is considered a reliable measure of the average concentration of glucose within the blood over a span of approximately 2 to 3 months. A higher A1C means that more of your red blood cells are coated in sugar, which increases your risk for diabetes and complications as a result of diabetes.

Diabetes is a chronic health condition in which your blood sugars are consistently too high, affecting how your body turns food into energy. Hemoglobin A1C is used to screen for and diagnose diabetes, as well as monitor to the effectiveness of diabetes treatment.

Health Trends



Efunctional reports track results over time



The interactive chart shows trends over time



Each marker comes with a detailed description of the marker itself as well as a summary of the client's individual marker levels over time



Practitioner:	Patient:	Gender:	DOB:	Age:	Weight:	Accession:	Lab Date:
	TEST PATIENT	Male	02/01/1991	32	185	2302100068	02/10/2023

Hormones / Pre-Hormones / Binding-Globulins							
Lab Test	Previous Result	Current Result	Normal Range	Target Range	Supplement	Unit / Freq.	Calculation
DHEA-Sulfate (ug / dL)	NA	32.0	35 - 569	400 - 440	DHEA	mg / day	70
Sex Hormone Binding Globulin (nmol / L)	NA	11.3	10 - 57	25 - 27	Diindolymethane (DIM) Phosphatidylserine (FS)	mg / day	Reduce any intake by 25% (Result below target range) Reduce any intake by 25% (Result below target range)

Fat-Soluble Vitamins							
Lab Test	Previous Result	Current Result	Normal Range	Target Range	Supplement	Unit / Freq.	Calculation
Vitamin A (Retinol) (mcg / dL)	NA	34.3	38 - 98	64 - 69	Vitamin A	mcg RAE / day	2,500
Vitamin D (25-Hydroxy) (ng / mL)	NA	25.4	30 - 100	62 - 68	Vitamin D	mcg / day	250
Vitamin E (Alpha) (mg / L)	NA	21.4	5.7 - 19.9	13.6 - 14.7	Vitamin E	mg / day	Reduce any intake by 25% (Result above target range)
Vitamin K (K1) (pg / mL)	NA	487	80 - 1,550	1,109 - 1,256	Vitamin K	mcg / day	700 (Thrombotic risk unknown)

Minerals							
Lab Test	Previous Result	Current Result	Normal Range	Target Range	Supplement	Unit / Freq.	Calculation
Calcium, Serum (mg / dL)	NA	6.3	8.3 - 10.6	9.6 - 9.7	Calcium	mg / day	1,950
Magnesium, Serum (mg / dL)	NA	1.1	1.3 - 2.7	2.1 - 2.2	Magnesium	mg / day	240
Zinc, Serum (ug / L)	NA	840.0	600 - 1,300	968 - 1,012	Zinc	mg / day	40

Page 1

Objective: Increase Result No Change Objective: Decrease Result

Below Normal Limits
In WNL / Below Target Range
Within Target Range
In WNL / Above Target Range
Above Normal Limits

This report is not a script pad and will not be accepted by any pharmacy. Please fill out and submit appropriate script pads.

- Previous result
- Current result
- Normal range
- Target range
- Associated Supplement
- Supplement recommendations

Personalized Supplements

The Micronutrient Panel provides personalized supplement recommendations down to the microgram for each client

- The client portal will direct the client to "Vitamin Labs", (Efunctional's nutraceutical partner) with a detailed nutraceutical prescription for that client
- They can choose between a 90/120 day supply of the compounded nutraceuticals
- The client works directly with Vitamin labs to fulfill their supplement order





MICRONUTRIENT ORDER FORM

ORDER OPTIONS

Supply: 90 Days

Dose Type: Veggie Capsules

YOUR CUSTOM SUPPLEMENTS

VITAMIN K	700 mcg/day
ZINC	40 mg/day
VITAMIN D	250 mcg/day
VITAMIN B12	900 mcg/day
VITAMIN A	2500 mcg RAE/day
MAGNESIUM	240 mg/day
FOLATE	50 mcg DFE/day
CALCIUM	1950 mg/day

Buy Now

Modify & Buy

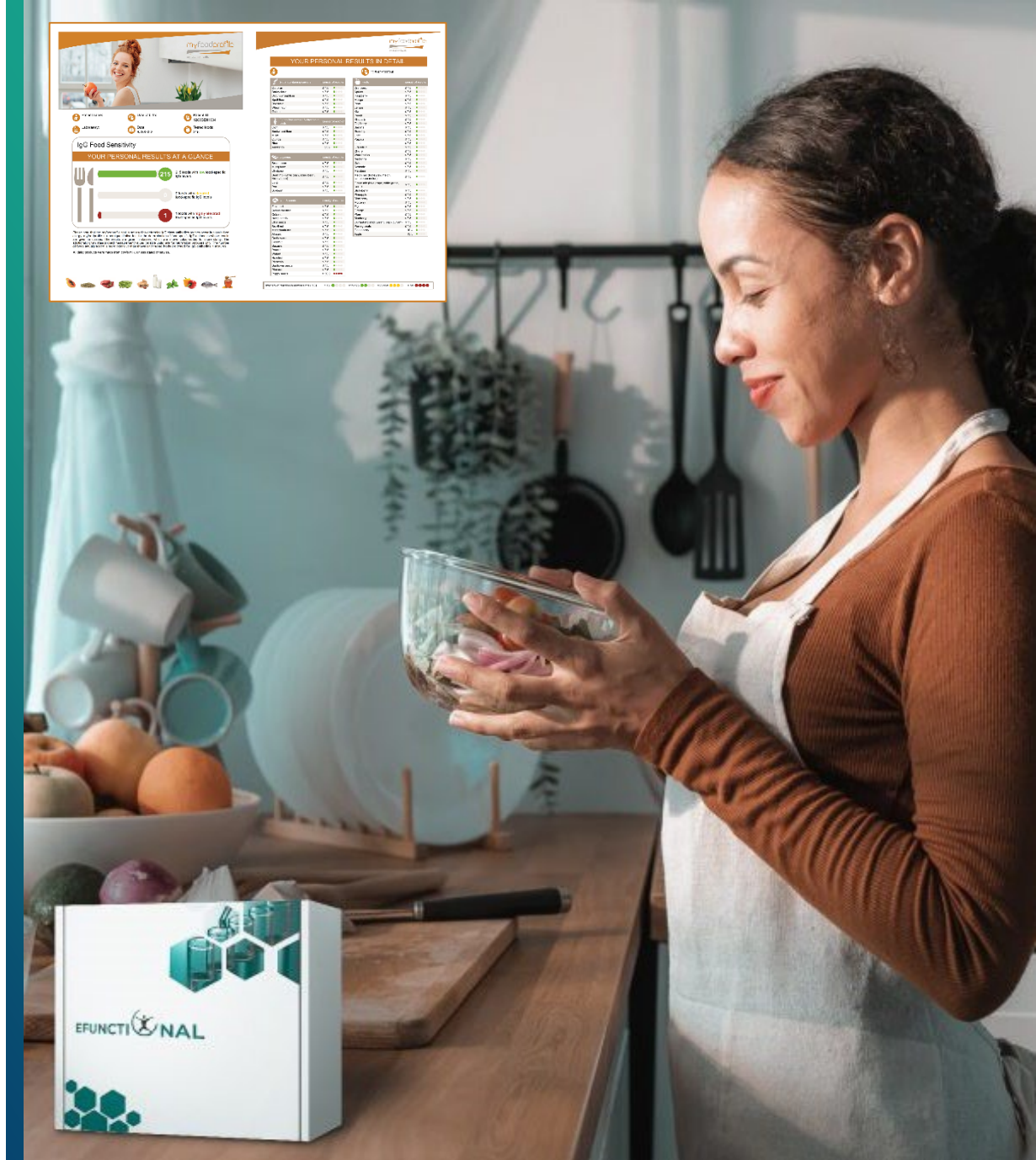
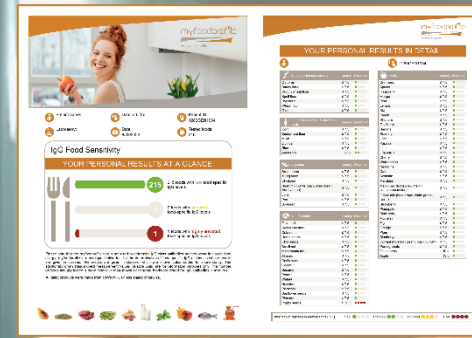
Personalized Supplements

Food Sensitivity Test



The Food Sensitivity test can be used to guide an elimination diet and figure out what foods cause discomfort.

- The test measures immune response to different foods using self-collected dried blood spots.
- The Food Sensitivity test measures a specific type of immune response, IgG antibodies, that may be related to how well you process and digest food
 - This is different than an allergy, which is caused by IgE antibodies





myfoodprofile

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myfoodprofile

What actually is a food sensitivity, and what is it not?

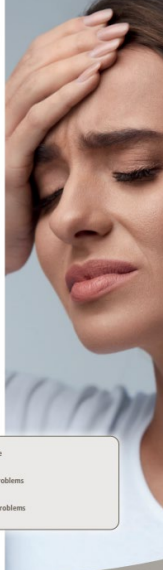
a) Food sensitivity

A food sensitivity is not noticed immediately after consuming a certain food. Instead, **complaints** (P-Fig. 2) develop slowly and only become noticeable with a **delay** of a few hours or even days so that the connection between the causative agent and the complaints is not always clear. They are caused by an **excessive immune response** to what are actually harmless food constituents, which is associated with the **generation of IgG antibodies**. This mechanism is usually used as a defence and to protect the body from intruders, typically pathogens such as viruses and bacteria. The antibodies target certain parts of these pathogens; in the case of a food sensitivity, they target the constituents of the foodstuff called **antigens**.

Because these kinds of immune responses are a normal physiological process, even healthy people may have an IgG reactivity to certain foods. But if large amounts of partly digested food find their way out of the intestine into the blood, e.g. due to greater intestinal permeability, this generates greater numbers of immune complexes composed of food antigens and antibodies (P-Fig. 1). If these are not adequately broken down, there is a risk that they will circulate in the bloodstream and accumulate in various tissues and organs where they then encourage chronic inflammation processes, which can lead to permanent complaints. But if the triggers of the inflammation processes are identified and they are avoided for a certain period, the inflammation can subside – exactly what is needed for the alleviation of symptoms and greater well-being!


- Gastrointestinal complaints
- Fatigue
- Weight problems
- Skin problems
- Headaches/migraines
- Joint problems

1. Complaints that can be associated with food sensitivity



myfoodprofile

my food. my health.



my food. my health.

Well-being through customised nutrition –
your personal guide

Personal Guide

Each test comes with a 4-page personalized report AND a 56-page report detailing



- Food sensitivities
- The meaning behind their results
- Adapting one's diet
- Dealing with common food sensitivities
- Potential triggers
- Important nutrients
- Myfoodprofile templates
- FAQs



YOUR PERSONAL RESULTS IN DETAIL

SamplePatient, John myfood

Vegetables	Intensity of reaction	Dairy & egg	Intensity of reaction
Lettuce mix (butterhead lettuce, iceberg lettuce)	≤ 7,5	Cottage cheese	12,1
Broccoli	≤ 7,5	Yogurt	14,6
Onion mix (onion, shallot)	≤ 7,5	Kefir	17,5
Cucumber	≤ 7,5	Beta-lactoglobulin	19,2
Tomato	≤ 7,5	Sheep's milk/ sheep's cheese	20,2
Artichoke	≤ 7,5	Camembert	20,8
Sweet potato	≤ 7,5	Goat's milk/ goat's cheese	21,7
Beetroot	≤ 7,5	Butter	28,6
Spinach	≤ 7,5	Processed cheese	29,8
Leek mix (leek, chive)	≤ 7,5	Cow's milk	37,8
Chicory	≤ 7,5	Egg yolk, chicken IgG	44,5
Potato	≤ 7,5	Egg white, chicken IgG	44,5
Asparagus	≤ 7,5	Mozzarella	> 50,0
Red cabbage	≤ 7,5	Emmental cheese	> 50,0
Eggplant	≤ 7,5	Cheddar cheese	> 50,0
Mushroom mix 1 (oyster mushroom, champignon, shiitake, chanterelle)	≤ 7,5	Casheu	> 50,0
Carrot	≤ 7,5	Meat	Intensity of reaction
Chard	≤ 7,5	Chicken, IgG	≤ 7,5
Bell pepper	≤ 7,5	Porky	≤ 7,5
Zucchini	≤ 7,5	Pork, IgG	≤ 7,5
Corn salad	≤ 7,5	Goat	≤ 7,5
Olive	9,8	Duck	≤ 7,5
Turnip cabbage	9,9	Quail	9,8
Snow pea	10,4	Roe deer	10,4
Celery	11,5	Ostrich	10,4
Cauliflower	12,1	Goose	11,5
Radish	14,4	Horse	11,5
Bamboo shoots	15,8	Beef, IgG	12,3
Cassava root	15,8	Lamb	18,8
Mushroom mix 2 (bay bolete, oep)	16,1	Guinea fowl	20,0
Vine leaf	19,2	Rabbit, IgG	26,2
Rocket	21,7		
Jerusalem artichoke	21,7		
Brussel sprouts	23,1		
Green cabbage	25,0		
Kale	25,0		
Chinese cabbage	30,9		
Savoy cabbage	38,0		
Fennel	45,2		
Hokkaido pumpkin	47,5		

Intensity of reaction in relative units (IgG) ≤ 15 >15-≤25 >25-≤50 > 50



Food Sensitivity Test

The Food Sensitivity test can be used to guide an elimination diet and figure out what foods cause you discomfort. The test measures your immune response to different foods using self-collected dried blood spots.

108 Foods

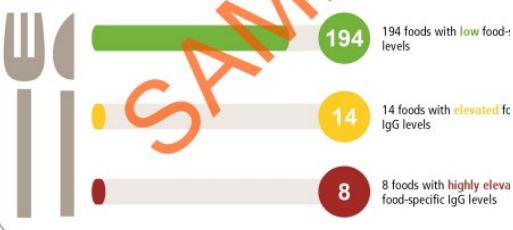
216 Foods



Patient name: SamplePatient, John Date of birth: 01.01.1970 Patient ID: myfood
 Laboratory: SampleLab Date: 20.01.2022 Tested foods: 216

IgG Food Sensitivity

YOUR PERSONAL RESULTS AT A GLANCE



Please note that the myfoodprofil test is not used to determine IgE class antibodies as they occur in class myfoodprofil is a semiquantitative test for the determination of food-specific IgG antibodies whose results are given in classes, which are shown colour-coded for more clarity. The additionally given standardised mean (relative units) are for information purposes only. The number of foods actually tested is more extensive than shown as are tested for IgG antibodies in mixtures.

All dairy products were made from cow's milk, unless stated otherwise.



A comprehensive [56-page guide](#) accompanies the Efunctional Food Sensitivity Test, providing invaluable insights for individuals seeking a deeper understanding of their food sensitivities. The guide is organized into seven key sections:

Well-being through Customized Nutrition: Your Personal Guide

- **Summary: 1. A Closer Look - Food Sensitivities**
 - Understand the fundamentals of food sensitivities, their impact on your well-being, and how they can manifest in your daily life.
- **2. An Overview - The Meaning Behind Your Food Sensitivity Results**
 - Gain clarity on interpreting your food sensitivity results, connecting the dots between your symptoms and specific trigger foods.
- **3. Change for the Better - Adapting Your Diet**
 - Discover strategies for making dietary changes tailored to your sensitivities, promoting a healthier and more comfortable lifestyle.
- **4. What to Do - Dealing with Common Food Sensitivities**
 - Learn how to effectively manage common food sensitivities, including practical advice on food alternatives and dietary adjustments.
- **5. Reactivity Identified - Potential Triggers of Your Conditions**
 - Explore potential triggers of health conditions associated with food sensitivities, equipping you with knowledge to make informed choices.
- **6. A Plentiful Supply - Important Nutrients and Their Sources**
 - Uncover the essential nutrients your body needs and the dietary sources to ensure your nutritional well-being while adhering to your dietary restrictions.
- **7. For a Healthier Future - Your Food Sensitivity Templates**
 - Find customizable templates and guidelines to streamline your journey towards a healthier future, with practical tools and resources for meal planning and tracking your progress.

This comprehensive guide empowers you to take charge of your well-being through personalized nutrition, offering the knowledge and resources needed to adapt your diet, manage food sensitivities, and embark on a path toward improved health and vitality.



Step by Step Instructions



- 1 Read all of the instructions, including the warnings.**

You should collect your sample on a Monday to Friday and return the sample on the same day.

Arrange your FedEx return. Please find FedEx drop off point before you collect your sample.

Visit: <https://fedex.com/return> to view FedEx drop box locations and pickup schedules.
- 2 Activate your kit.**

Before collecting your sample, activate your kit online at my.efunctional.com. Your unique activation code is located inside the kit. Make sure to use your own personal efunctional account when activating your kit. **The information and sample you provide must be your own.**
- 3 Wash your hands in warm soapy water.**

Taking a bath after a shower or running your hands under warm water is helpful as heat improves blood flow. Ensure you are hydrated when taking your sample. Nails that are too long can make it more difficult to collect a sample.
- 4 Select the finger you will use.**

Windmill your arm 5-10 times. Select ring or middle fingertip. Do not pierce or collect blood from the smallest or pinky finger or any other body part not indicated in the instructions.
- 5 Disinfect the finger.**

Using the alcohol wipe provided clean the selected finger. Wipe dry with a clean tissue. Be sure your finger is completely dry as blood will not form a drop at the puncture site of a moist finger.
- 6 Start the collection.**

Fold collection card open on a flat surface. Open the lancet. Place your finger on a firm surface. Puncture your finger tip slightly off center by pressing the lancet down firmly until an audible click is heard.
- 7 Use a sterile swab to wipe and discard the first drop of blood. Squeeze your finger in a milking motion, moving from the base of your finger toward the fingertip to draw blood towards puncture site.**
- 8 Allow a single, large blood drop to fall in each circle. Do not touch the card with your finger. Ensure that at least 3 circles are filled. Use an additional lancet and different finger if necessary.**
- 9 Press a sterile cotton swab onto the puncture site until the bleeding stops. Apply a bandaid.**
- 10 Card preparation.**

Place the card standing up at room temperature. Do not apply external heat sources. Do not expose samples to direct sunlight. **Let samples dry for 2-5 hours.**
- 11 Make sure the spots are completely dry before packing the card. Close the card, place it in the biohazard bag provided. Close the bag firmly.**
- 12 Place the biohazard bag in kit box.**

Place the biohazard bag into the efunctional kit box. Ensure you have sealed the biohazard bag.
- 13 Return the sample.**

Place the box into the FedEx return envelope provided. Remove the adhesive cover, strip and seal the return envelope closed. Deliver the postage paid, pre-addressed FedEx return envelope to a FedEx drop box. It's important to bring your sample to a drop box on the same day you collect it and before the last Express pickup. Visit: <https://fedex.com/return> to view FedEx drop box locations and pickup schedules.



Activate your kit



On a computer

Activate your kit at: my.efunctional.com

Your unique activation code is provided below.



On a mobile phone

Activate your kit at: my.efunctional.com

Your unique activation code is provided below.

Activation Code



Do NOT skip this step. Activating your kit with your unique code is the only way to get your results!

Before you start, make sure you have received the following items:



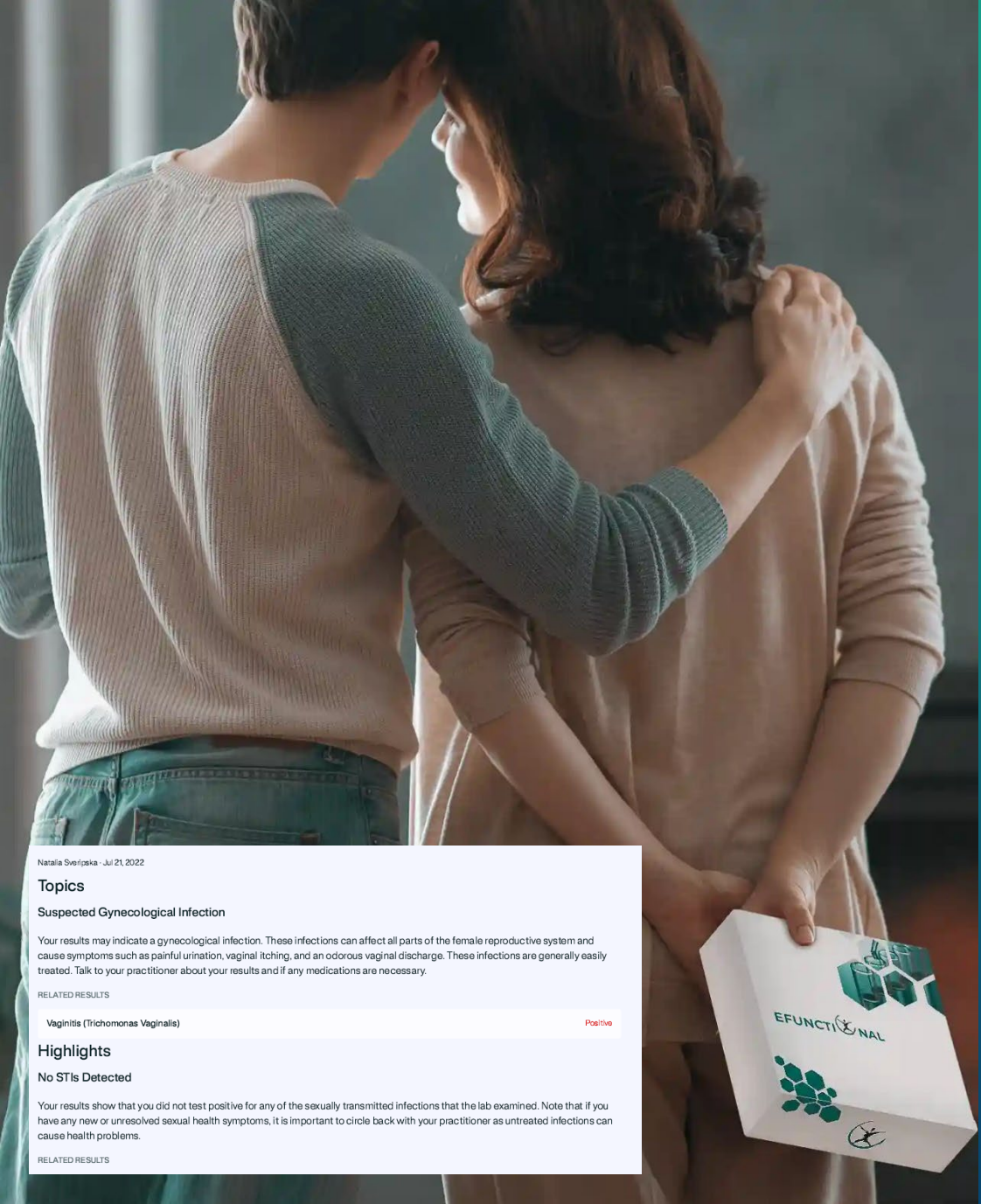


Std Test



The STD Test offers an easy, confidential, and reliable way to check for STDs from the comfort and privacy of one's home

- A simple urine sample is used to test for common sexually transmitted bacterial infections
 - Chlamydia, Gonorrhea, Mycoplasma, Trichomonas
- A physician consultation is provided, at no cost, for any positive result



Natalia Sverfcska - Jul 21, 2022

Topics

Suspected Gynecological Infection

Your results may indicate a gynecological infection. These infections can affect all parts of the female reproductive system and cause symptoms such as painful urination, vaginal itching, and an odorous vaginal discharge. These infections are generally easily treated. Talk to your practitioner about your results and if any medications are necessary.

RELATED RESULTS

Vaginitis (Trichomonas Vaginalis) Positive

Highlights

No STIs Detected

Your results show that you did not test positive for any of the sexually transmitted infections that the lab examined. Note that if you have any new or unresolved sexual health symptoms, it is important to circle back with your practitioner as untreated infections can cause health problems.

RELATED RESULTS



Simple Instructions & Clear Results

Activate your kit



On a computer

Activate your kit at: myefunctional.com

Your unique activation code is provided below.



On a mobile phone

Activate your kit at: myefunctional.com

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Activation Code

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Visit <https://bit.ly/fedexdropbox> to view FedEx drop box locations and pickup schedules.

2 Activate your kit.

Before collecting your sample, activate your kit online at myefunctional.com. Your unique activation code is located on the previous page on these instructions. Make sure to use your own personal Efunctional account when activating your kit. **The information and sample you provide must be your own.**

3 Wash your hands and open the urine collection cup.

Wash your hands in warm, soapy water and dry thoroughly. Open and expand the urine collection cup by squeezing the opposite corner. The cup has a plastic lining to collect urine. Please take care not to tear or puncture the lining.



4 Half fill the urine collection cup.

Pass the first part of your urine into the collection cup. Collect only the first portion of your urine stream into the collection cup. Fill the cup no more than half full. Finish urinating into the toilet.



5 Pipette from the urine collection cup into the urine sample tube.

Use the pipette to transfer urine from the urine collection cup into the urine sample tube. Slowly fill the urine sample tube between the two marked lines on the side of the tube. **Do not** remove the liquid solution from the urine sample tube at any point. This is required for sample processing. **Do not** fill above or below the two marked lines or your sample may not be processed. **Never** remove urine from the urine sample tube as this may affect your test result.



6 Close the urine sample tube.

Screw the lid tightly onto the urine sample tube. Wash your hands in warm, soapy water and dry thoroughly.



7 Seal the sample tube in the biohazard bag.

Lift the clear plastic flap and place the urine sample tube into the biohazard bag. **Do not** remove the white pad located in the biohazard bag.

8 Place the biohazard bag in kit box.

Place the biohazard bag into the Efunctional kit box. Ensure you have sealed the biohazard bag.

9 Return the sample.

Place the box into the FedEx return envelope provided. Remove the adhesive cover, strip and seal the return envelope closed. Deliver the postage paid, pre-addressed FedEx return envelope to a FedEx drop box. It's important to bring your sample to a drop box on the same day you collect it and before the last Express pickup.



Visit <https://bit.ly/fedexdropbox> to view FedEx drop box locations and pickup schedules.

Topics

Suspected Gynecological Infection

Your results may indicate a gynecological infection. These infections can affect all parts of the female reproductive system and cause symptoms such as painful urination, vaginal itching, and an odorous vaginal discharge. These infections are generally easily treated. Talk to your practitioner about your results and if any medications are necessary.

RELATED RESULTS

Vaginitis (Trichomonas Vaginalis)

Positive

Highlights

No STIs Detected

Your results show that you did not test positive for any of the sexually transmitted infections that the lab examined. Note that if you have any new or unresolved sexual health symptoms, it is important to circle back with your practitioner as untreated infections can cause health problems.

RELATED RESULTS

Chlamydia

Not Detected

Gonorrhea

Not Detected

Colon Cancer Screening

The Colon Cancer Screening Test is an easy way to check for signs of colon cancer or pre-cancerous growths from the comfort and privacy of your home.

- ✓ Fecal Immunochemical Test (FIT)
- ✓ Stool sample
- Unlike preparation for a colonoscopy, which is often uncomfortable, this at-home test provides an easier alternative. There is no need to change your diet or do anything to prepare — simply collect your stool sample and send it back. The test can detect blood in the stool (poop), which can indicate the presence of precancerous growths or cancer in the colon.
- This test is recommended for adults aged 50 to 74, with average risk. This screening is usually performed yearly

Please note: this test should NOT be used in place of regular colonoscopies for people with inflammatory bowel diseases (Crohn's disease or ulcerative colitis), a personal or family history of colorectal cancer or colorectal polyps, or certain genetic conditions like familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

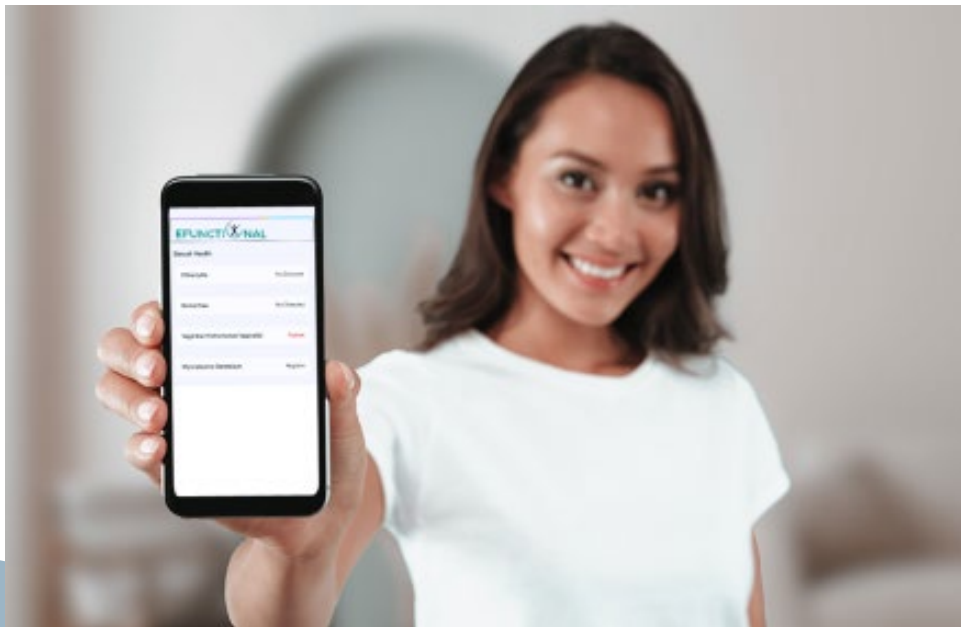




Efunctional Digital Platforms

Employee Portal

employee.efunctional.com

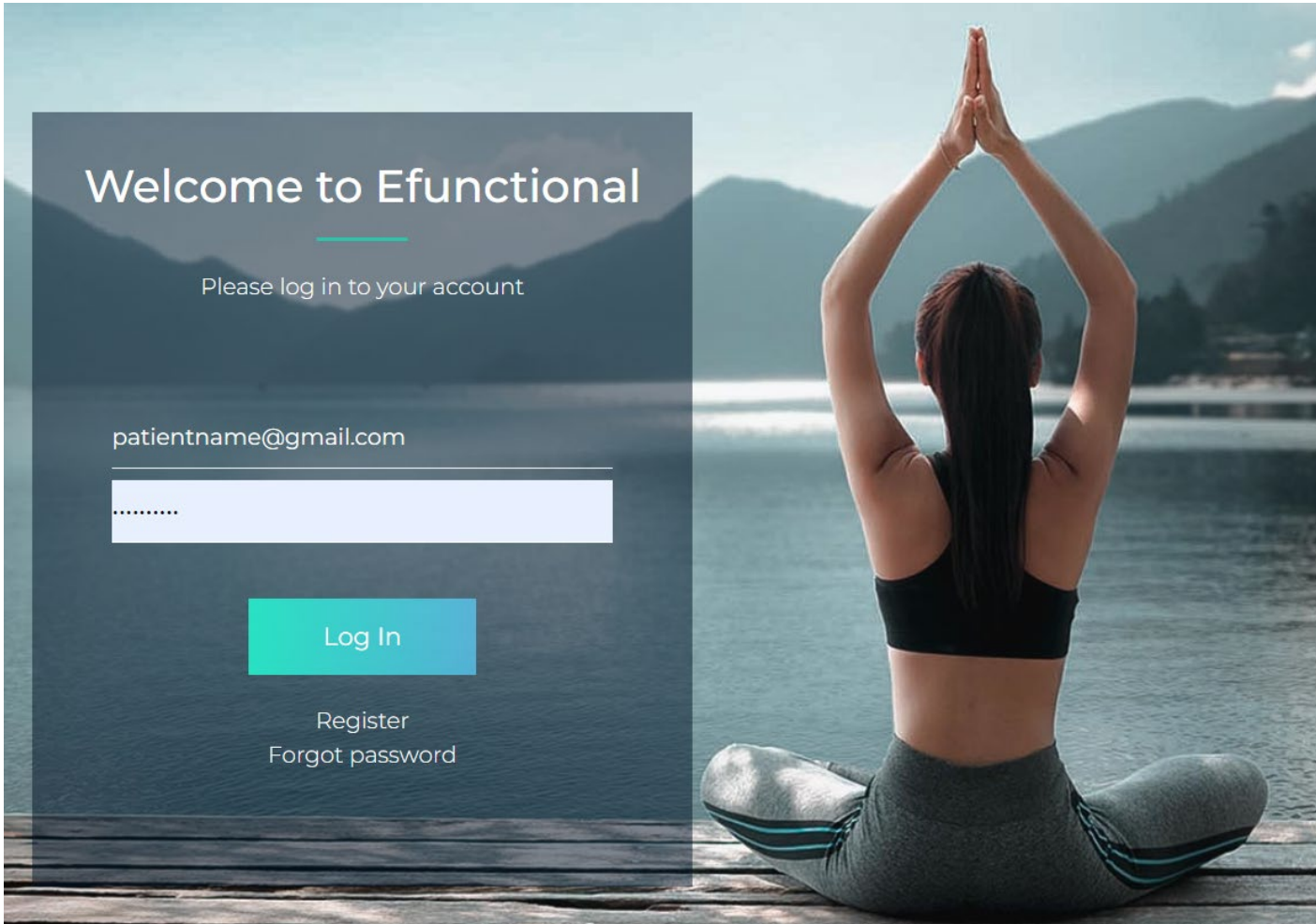


Employer Portal

corporate.efunctional.com



Efunctional's Employee Portal



- ✓ Secure
- ✓ User friendly
- ✓ PC and mobile access
- ✓ View status of current test
- ✓ View past results

Efunctional Employee Portal

Employees are provided with a secure portal where they can:

- View their dashboard
- Activate a test kit
- View their results
- Place a new test kit order

The screenshot shows the Efunctional Employee Portal dashboard. On the left is a dark sidebar with navigation options: Dashboard (highlighted with a red box), Activate Kit, My Results, New order, Information, and Logout. The main content area has a teal vertical bar on the left and a white background. The header reads 'DASHBOARD'. Below it, a personalized message addresses 'Dear Temur Temur' and informs the user that only 176 days of employer funds remain. To the right, two teal boxes show 'Your balance \$52.00' and 'Remaining days 176'. Below these is a section titled 'Available Products' with six buttons: COVID/FLU/RSV, FOOD SENSITIVITY EXPA., COLON CANCER, FOOD SENSITIVITY, STD, and MICRONUTRIENT. At the bottom, a sign-off reads 'Best regards, Efunctional Team'.

Dashboard

Activate Kit

My Results

New order

Information

Logout

DASHBOARD

Dear Temur Temur 🧑🏻.

We understand the importance of your health and well-being. Act now to take advantage of the exceptional healthcare services we provide. With only **176 days** remaining, make the most of your employer company's funds, ensuring you receive the best possible tests in the US.

Don't let this opportunity slip away! Place your order [here](#) to access our wide range of high-quality tests. Additionally, you can conveniently check your results by clicking [here](#).

Take charge of your health today and maximize the benefits offered by your employer company's funds!

Your balance
\$52.00

Remaining days
176

Available Products

COVID/FLU/RSV	FOOD SENSITIVITY EXPA.	COLON CANCER
FOOD SENSITIVITY	STD	MICRONUTRIENT

Best regards,
Efunctional Team

Dashboard

Employee balance & remaining days

- Customized and approved at the Corporate level

Dashboard

Activate Kit

My Results

New order

Information

Logout

DASHBOARD

Dear Temur Temur 🤖,

We understand the importance of your health and well-being. Act now to take advantage of the exceptional healthcare services we provide. With only **176 days** remaining, make the most of your employer company's funds, ensuring you receive the best possible tests in the US..

Don't let this opportunity slip away! Place your order [here](#) to access our wide range of high-quality tests. Additionally, you can conveniently check your results by clicking [here](#).

Take charge of your health today and maximize the benefits offered by your employer company's funds!

Best regards,

Your balance

\$ 52.00

Remaining days

176

Available Products

COVID/FLU/RSV

FOOD SENSITIVITY EXPAL...

COLON CANCER

FOOD SENSITIVITY

STD

MICRONUTRIENT

Dashboard

Available Products

- Customized and approved at the Corporate level

- Dashboard
- Activate Kit
- My Results
- New order
- Information
- Logout

DASHBOARD

Dear Temur Temur 🤖,

We understand the importance of your health and well-being. Act now to take advantage of the exceptional healthcare services we provide. With only **176 days** remaining, make the most of your employer company's funds, ensuring you receive the best possible tests in the US..

Don't let this opportunity slip away! Place your order [here](#) to access our wide range of high-quality tests. Additionally, you can conveniently check your results by clicking [here](#).

Take charge of your health today and maximize the benefits offered by your employer company's funds!

Best regards,
[Signature]

Your balance
\$ 52.00

Remaining days
176

Available Products

COVID/FLU/RSV

FOOD SENSITIVITY EXPA...

COLON CANCER


FOOD SENSITIVITY

STD







MICRONUTRIENT

Employee Portal – Activate Kit

Employees are instructed to Activate their kit when ready to collect their specimen



EFUNCTIONAL

-  Dashboard
-  **Activate Kit**
-  My Results
-  New order
-  Information
-  Logout

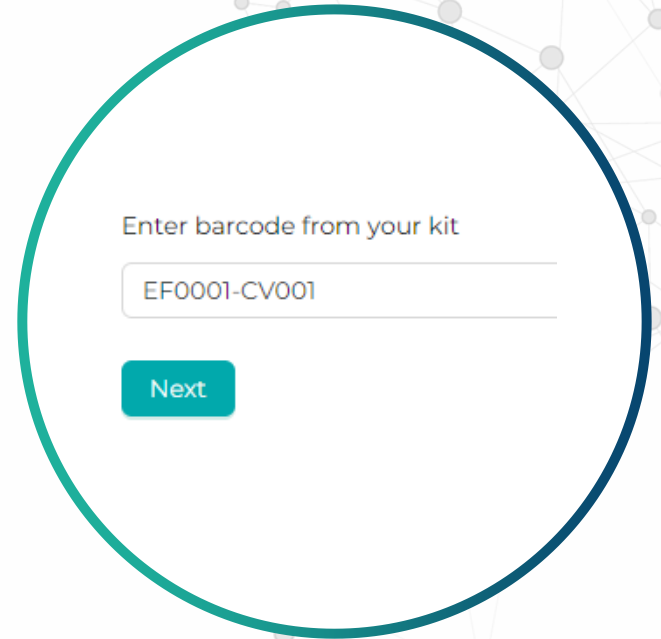
ACTIVATE KIT

- 1 Validate barcode
- 2 Kit info
- 3 Collection info
- 4 Finish

Enter barcode from your kit

Next

Activate Kit



Enter the barcode ID from the test kit

Activate Kit



ACTIVATE KIT

- ✓ Validate barcode
- ✓ Kit info
- 3** Collection info
- 4 Finish

Add Collection Date

02-22-2023

Next

- 1 Select Collection Date and Time
- 2 Click **Next** and then click **Activate**
- 3 The kit is now activated and ready to be sent to the lab for testing
- 4 Your client will be sent a confirmation email once activated.
- 5 Your client will receive an SMS message once the test result is final and ready for review

Employee Portal – My Results

Provides Employees secure access to their test status and results

EFUNCTIIONAL

- Dashboard
- Activate Kit
- My Results**
- New order
- Information
- Logout

MY RESULTS

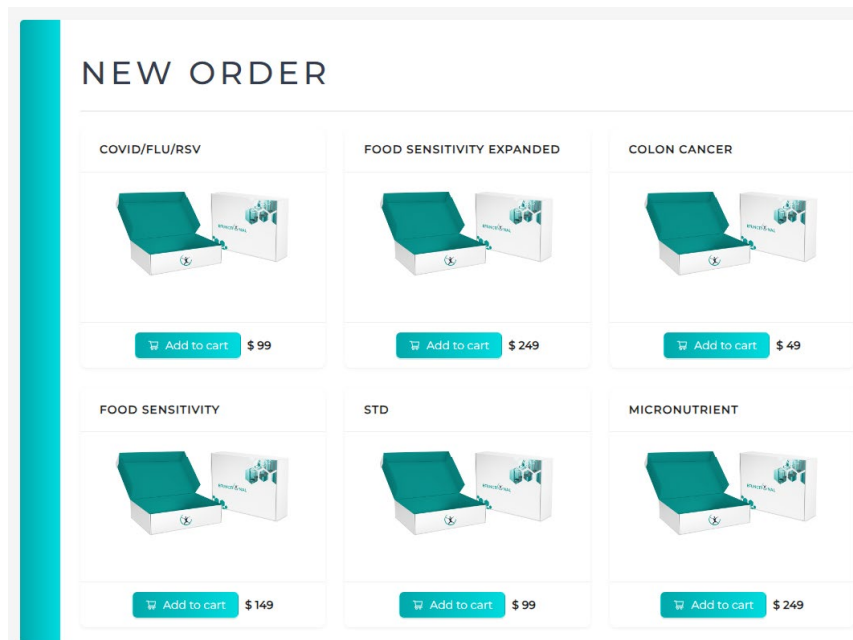
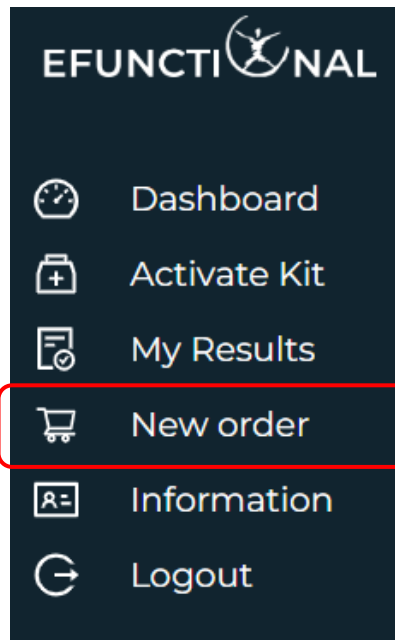
Filter your results:

Test	Barcode	Status	Activation Date	Final Date	Results
MICRONUTRIENT	EF00095-MN01	Activated	02-17-2023	TBD	Pending
STD	EF00095-ST01	Activated	02-17-2023	TBD	Pending
FOOD SENSITIVITY	EF00095-FS01	Activated	02-17-2023	TBD	Pending
COLON CANCER	EF00095-CC01	Activated	02-17-2023	TBD	Pending
COVID-19 PCR	EF00095-CV01	Activated	02-17-2023	TBD	Pending
FOOD SENSITIVITY EXPANDED	EF00095-FE01	Activated	02-17-2023	TBD	Pending
MICRONUTRIENT	EF00084-MN01	Final	02-07-2023	02-10-2023	
MICRONUTRIENT	EF00083-MN01	Final	02-07-2023	02-07-2023	

< 1 >

Employee Portal – New Order

Employees can order test kits discreetly from the comfort of their home










- Test kit orders are never shared with employers
- Test kit results are only available via the employee portal

New Order


Employees have the ability to order tests and decide how much of the corporate balance they would like to utilize towards their purchase

NEW ORDER

COVID/FLU/RSV  Add to cart \$99	FOOD SENSITIVITY EXPANDED  - 1 + Add to cart \$249	COLON CANCER  Add to cart \$49
FOOD SENSITIVITY  Add to cart \$149	STD  Add to cart \$99	MICRONUTRIENT  Add to cart \$249

Your order
FOOD SENSITIVITY EXPANDED \$249 1
 [Use corporate balance](#)
Your responsibility: \$249
[Reset cart](#) [Order now](#)



Your order
FOOD SENSITIVITY EXPANDED \$249 1
 [Use corporate balance](#)
Your responsibility: \$249
[Reset cart](#) [Order now](#)

New Order

Employees will be directed to checkout with their credit card if the corporate balance does not cover the test kit cost entirely

Your order

FOOD SENSIVITY EXPANDED	\$ 249	1
-------------------------	--------	---

Balance **\$0**

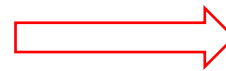
Allowed \$52

[Click to change](#)

Full cost: \$ 249
Applied the discount: \$ 52

Your responsibility: \$ 197

[Reset cart](#) [Order now](#)



Credit Card Information

* Card Holder Name

* Credit Card Number

We expect a 16 digit credit card number!

* Month * Year * CVV

Email

Billing Address

* Address

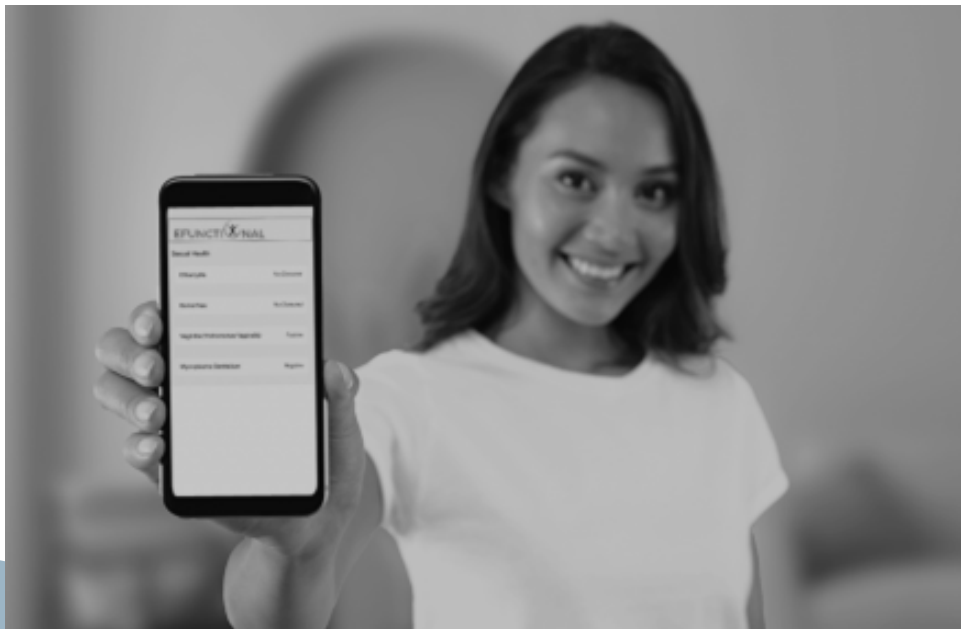
* City * State * Zip code

[Cancel](#) [OK](#)



Efunctional Digital Platforms

Employee Portal
employee.efunctional.com



Corporate Portal
corporate.efunctional.com



Corporate Wellness Program

HEALTH AND WELLNESS RESOURCES FOR EMPLOYER-BASED PROGRAMS

Corporations will provide the following prior to launching their Efunctional Wellness Program

- How much money would the corporation like to spend per employee for Efunctional test kits
 - Employees can choose to pay any remaining balances after utilizing corporate funds
- How long would the corporation like the contract to be in place
 - i.e. "Company X is willing to spend \$500 per employee for the next 6 months"
- Identify the Super Users or Administrators of the Efunctional Corporate portal
- Prepare a CSV or Excel file with all eligible employees for upload into the Corporate portal

Efunctional Corporate Wellness

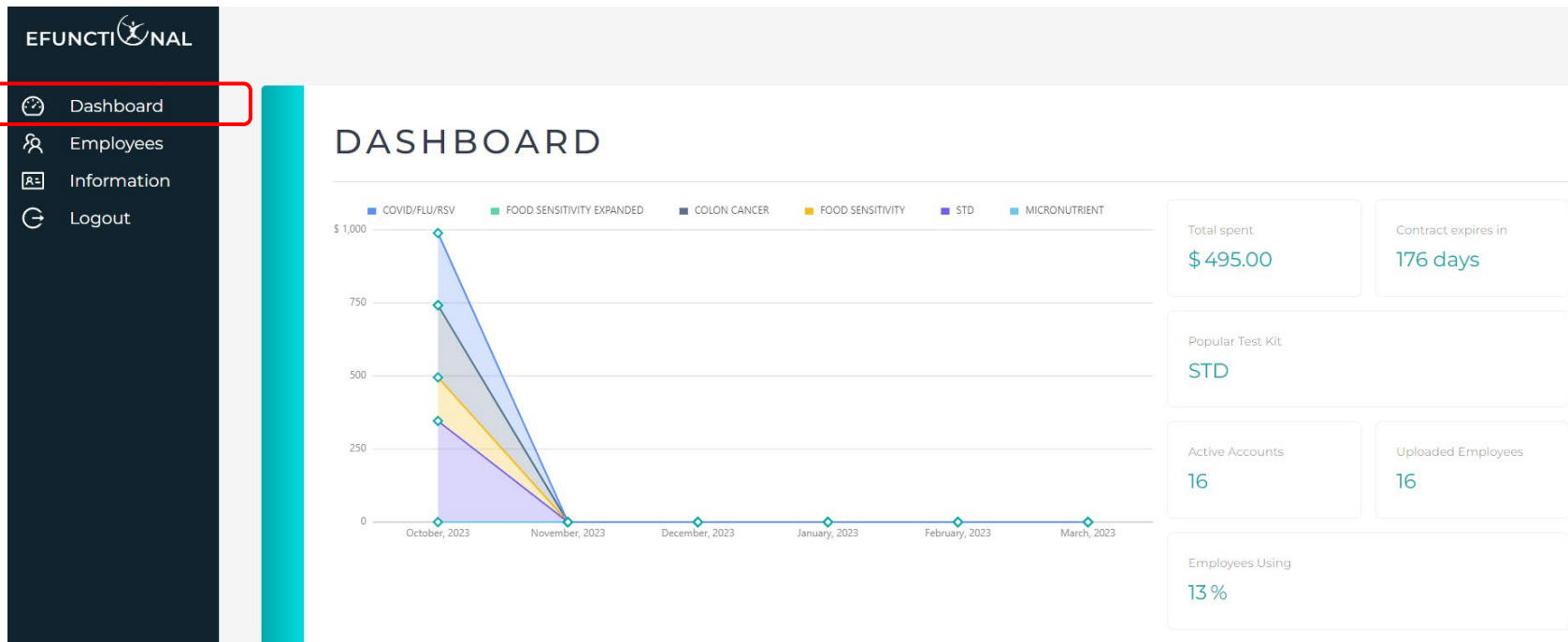
Boost productivity, cut medical costs, and improve employee health



- No commitment
- No implementation or subscription fees
- Corporate can decide which test kits they would like to offer in their menu
- Charges are only incurred for test kits that employees order and utilize
- No minimums or maximums:
 - Test kits
 - Employee spend
- Corporate can decide length of individual contract – 3 months, 6 months, 1 year etc

Corporate Portal

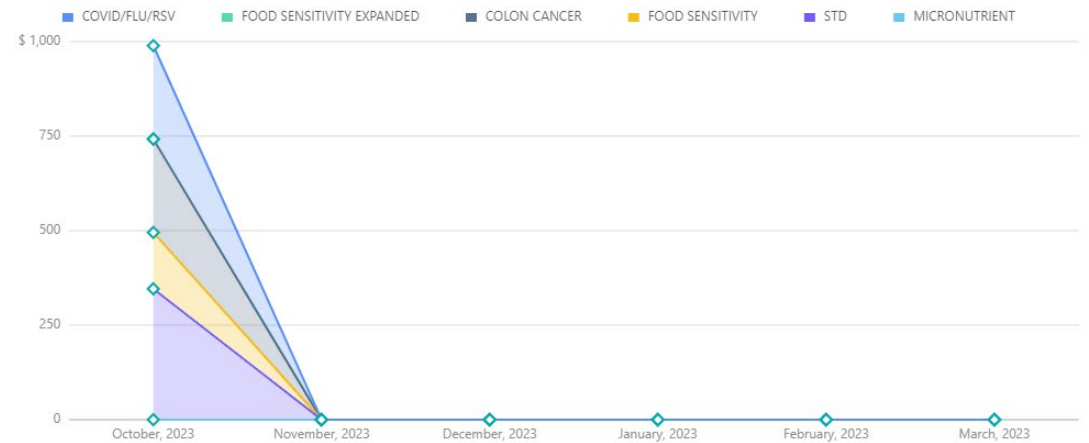
Employers are provided with a secure wellness portal



Administrators have access to the number of kits ordered and most popular test kits

Dashboard

DASHBOARD



Dashboard

- **Administrators** have access to:
- Total Corporate dollars used
- Days until contract expiration
- Popular test kits
- # of Active employees (employees may be deactivated by corporate)
- Total # of uploaded employees
- % of Employees that have ordered test kits

Total spent

\$ 495.00

Contract expires in

176 days

Popular Test Kit

STD

Active Accounts

16

Uploaded Employees

16

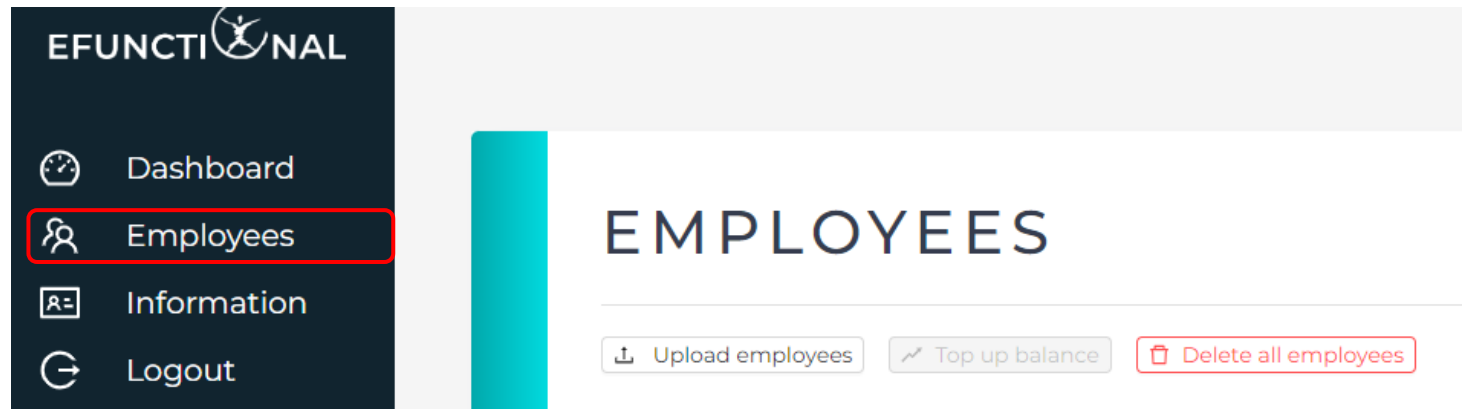
Employees Using

13%

Employees

Administrators have the ability to:

- Upload employees via CSV or Excel file
- Delete all employees
- Add employees individually as new hires are added



Employees

Administrators have the ability to:

- Review employee information
- Update employee information
- Deactivate an employee
- Delete all information about the employee

Edit employee: Temur Temur ✕

Employer ID:

Employee ID:

* Role:

* First Name:

Middle Name:

* Last Name:

* Gender:

* Email:

* Phone:

* Date of Birth:

Active:

If you disable this employee, they will not be able to log in as Patient

Delete all info about user

Cancel

Update info



Corporate Pricing

\$249*

MICRONUTRIENT TEST

Mobile Phlebotomy

- Vitamin A
- Vitamin B2
- Vitamin B12
- DHEA-S
- Vitamin 25OH-D
- Calcium
- Vitamin E
- Vitamin B3
- Selenium
- Folate
- Hemoglobin A1C
- Arsenic
- Vitamin K1
- Vitamin B5
- Cadmium
- SHBG
- Magnesium
- Mercury
- Vitamin B1
- Vitamin B7
- Copper
- Zinc
- Hematocrit

\$149*

FOOD SENSITIVITY TEST

(108 foods total)

Finger Prick

- Gluten containing cereals
- Vegetables
- Seeds
- Herbs
- Dairy
- Gluten free cereals
- Legumes
- Fruits
- Nuts
- Egg
- Alternative foods
- Seafood
- Spices
- Meat
- Fish

\$249*

FOOD SENSITIVITY TEST EXPANDED

(216 foods total)

Finger Prick

- Gluten containing cereals
- Vegetables
- Seeds
- Herbs
- Dairy
- Gluten free cereals
- Legumes
- Fruits
- Nuts
- Egg
- Alternative foods
- Seafood
- Spices
- Meat
- Fish

\$49*

COLON CANCER SCREENING TEST

Stool Sample

- Fecal Immunochemical Test (FIT)

\$99*

STD TEST

Urine Sample

- Chlamydia
- Gonorrhea
- Mycoplasma
- Trichomonas

\$99*

CORONAVIRUS TEST

Nasal Swab

- COVID-19

*provider pricing only



scan here to visit our website

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info@efunctional.com

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EFUNCTIONAL

Thank You

