



Step 1: Find a lab

You will need to find a lab that allows you to take your blood and drop-ship it at the nearest Fed-Ex, same day. Oxford Biomedical Technologies (formerly named Signet Diagnostic Corp.) is the lab to where you are shipping your blood.

To help you find a lab, call in advance to ensure that you can either ship your blood overnight directly from the lab with FedEx, or that you can leave the lab with your specimen.

Try the following places:

1. Wherever you usually get your blood draws
2. Your doctor's office
3. The nearest hospital lab to you
4. www.anylabtestnow.com
5. www.concentra.com
6. www.baysidephlebotomy.com – 425-608-2174 Locations are mostly San Francisco, S. California, Portland, Ore. There are some locations nationwide as well – Miami, Kansas City, St Louis, Las Vegas, New York Metro.
7. Phlebotomy Services International (PSI): PSI has over 3000 draw stations across the country AND the ability to perform mobile phlebotomy, both at a reasonable cost - \$55 at a draw station, and \$120 for a mobile blood draw. (Info Current as of January 2013) For latest updates, check out their website at <http://phlebotomyservices.com/>

If you encounter any problems, call Oxford Biomedical Technologies (formerly named Signet Diagnostic Corp.) at [561-848-7111](tel:561-848-7111) or 888-Now-LEAP, Eastern Time

Step 2: Shipping your blood

Options

1. Ask your lab to ship your blood (for an additional fee, verify in advance)
2. Arrange for FedEx to pickup (call 1-800-463-3339)
3. Find a Fed Ex location to ship your blood (call 1-800-463-3339)

Step 3: Let them know your blood specimen is on its way

Provide your 12-digit tracking number to Oxford (call them at 1-888-669-5327)

**Your Registered Dietitian's contact information
(in case you or the lab needs to call me):**

Frances Arnold, RD, CD, CLT
frances@namastenutritionist.com
775.389.0397 OR 206.486.5108