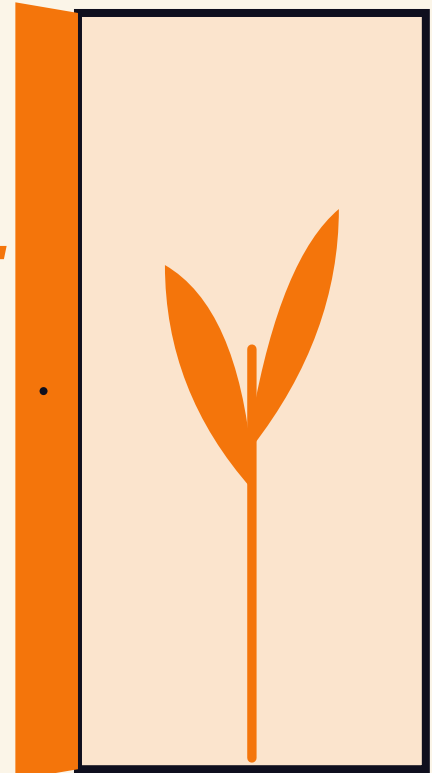




Blood tests. From home. *Reports on phone.*

No more queues at the lab. Book a blood test online — a phlebotomist comes home, takes the sample, and reports come on your phone in 24 hours.



WHAT'S INSIDE

- ✓ Book any lab test from your phone
- ✓ Phlebotomist comes home
- ✓ Reports delivered on phone



— WHY THIS MATTERS

The lab comes to you. Not the other way around.

Apollo Diagnostics, 1mg Labs, Thyrocare, and PharmEasy all offer home sample collection. You book online. They send a trained phlebotomist to your door at your chosen time.

Sample taken in 5 minutes. Reports delivered to your phone in 12-24 hours. Often cheaper than walking into a local lab.

WHAT YOU'LL LEARN

- Pick a trusted lab app
- Search for the test you need
- Schedule home sample collection
- Get and share reports

🕒 *Takes about 6 minutes to read*



1

STEP 1 OF 7

Pick a trusted lab

Use only NABL-accredited labs (national accreditation):

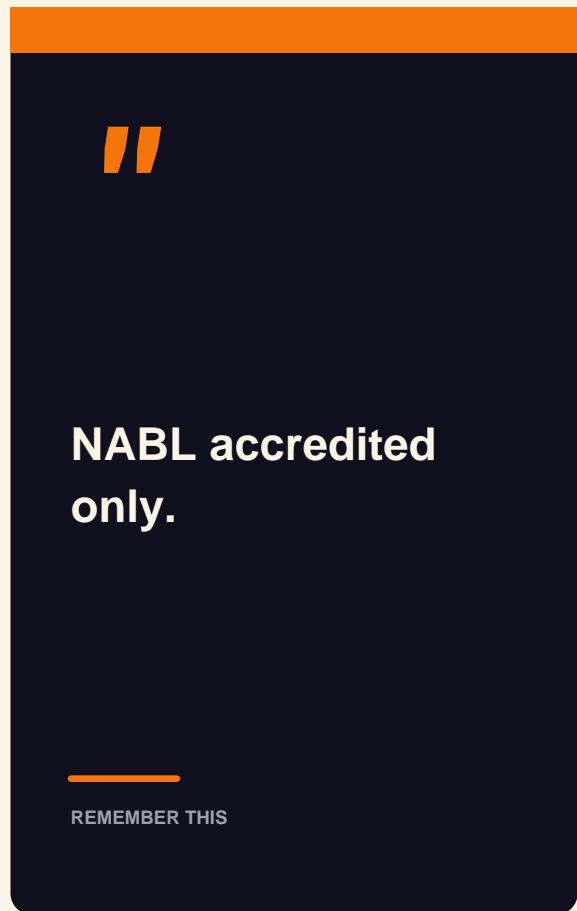
- Apollo Diagnostics
- Tata 1mg Labs
- Thyrocare
- PharmEasy Labs
- Dr Lal PathLabs

All have apps and websites. Pick one and stick with it.



WARNING

Avoid unknown labs offering very cheap rates. Cheap labs sometimes give wrong results — and that means wrong treatment. Trust matters more than price.





2

STEP 2 OF 7

Search the test you need

Tap 'Book a Test' on the app's home screen.

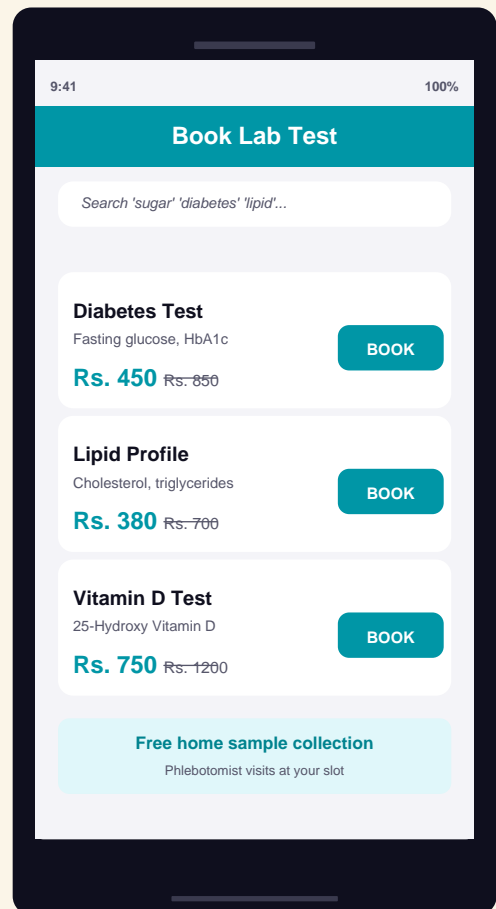
Search by:

- Test name (CBC, Lipid Profile, HbA1c)
- Condition (diabetes, thyroid, vitamin D)
- Doctor's prescription (upload it, app suggests tests)

Most apps also have packages — a group of tests at discount.

TIP

If unsure which test, look for packages: 'Senior Citizen Health Package', 'Diabetic Care', 'Heart Care'. They cover the basics.





3

STEP 3 OF 7

Pick a slot

Choose a date and time:

- Same-day collection if booked before noon
- Next-day if booked late
- Pick early morning slots (6 AM - 9 AM)

Most blood tests need fasting — no eating for 8-10 hours before. Morning slots fit naturally.

TIP

For fasting tests, book 7 AM slot. Last meal at 10 PM previous night = 9 hours fast. Easy.

“

Morning slot. Easy fasting.

REMEMBER THIS



4

STEP 4 OF 7

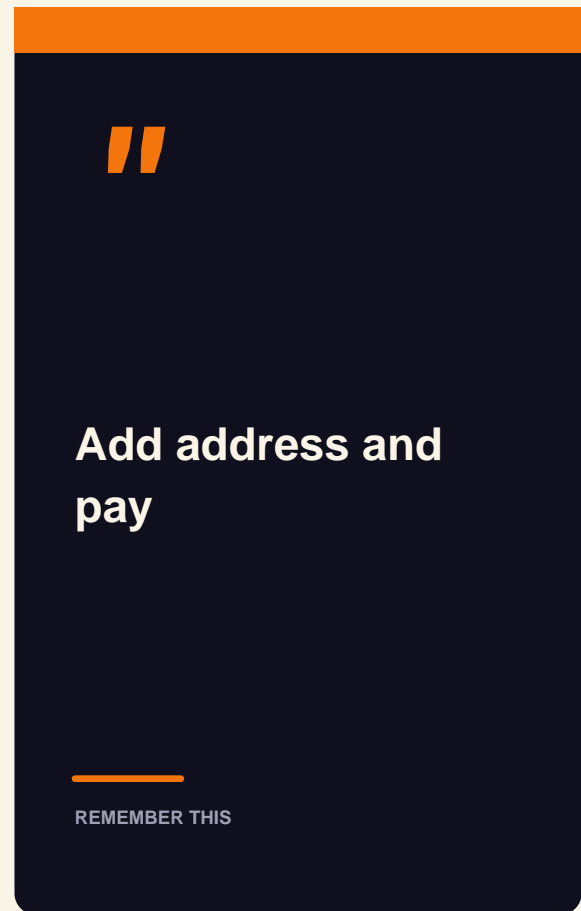
Add address and pay

Type your full address with landmark. The phlebotomist needs to find your house easily.

Pay online (UPI/card) or choose 'Cash on Collection'. Most apps allow both.

TIP

Add a working phone number. Phlebotomist calls when 5 minutes away. Be ready.





5

STEP 5 OF 7

Be ready when phlebotomist arrives

Phlebotomist comes with:

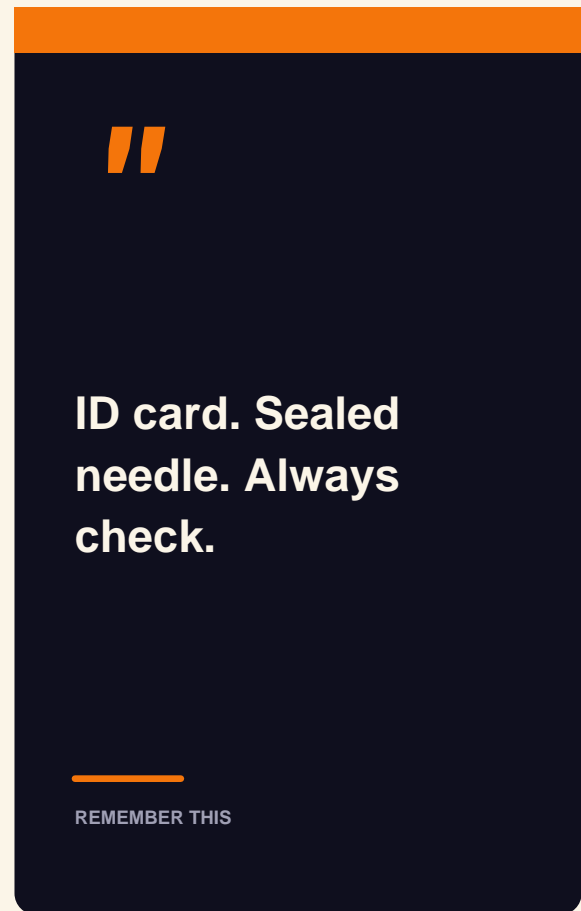
- ID card from the lab
- Sealed needles (single-use)
- Sample tubes with your name
- Receipt

Sample collection takes 5 minutes. They take blood from your arm. Always painless.



WARNING

ALWAYS check the phlebotomist's ID card. Make sure the needle is opened in front of you (sealed packet). If anything seems off — refuse the test.





6

STEP 6 OF 7

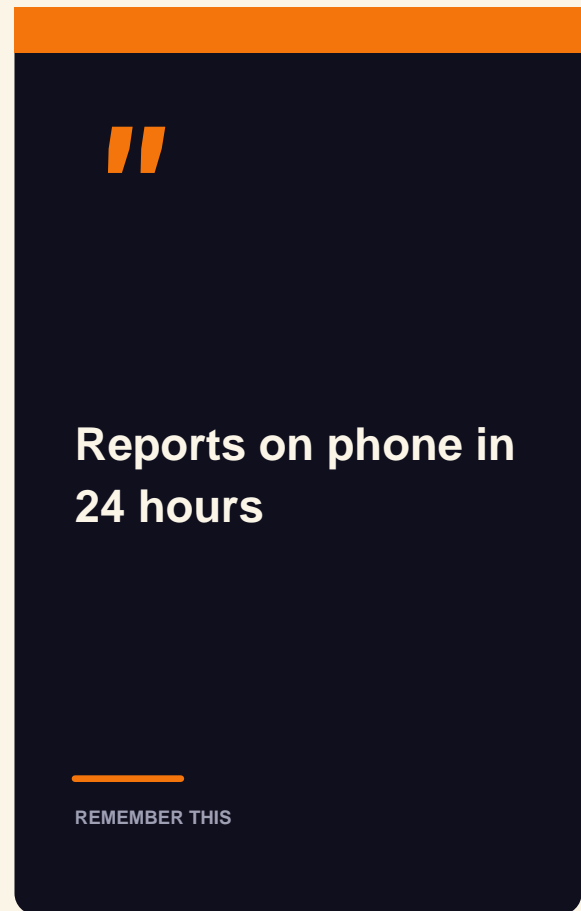
Reports on phone in 24 hours

Most reports arrive on the app within 12-24 hours. You'll get an SMS and notification.

- Open the app
- Tap 'My Reports'
- Download PDF
- Share with doctor on WhatsApp

TIP

Reports stay in the app forever. Easy to find old reports when doctor asks for comparison. No paper to lose.





7

STEP 7 OF 7

Compare with previous reports

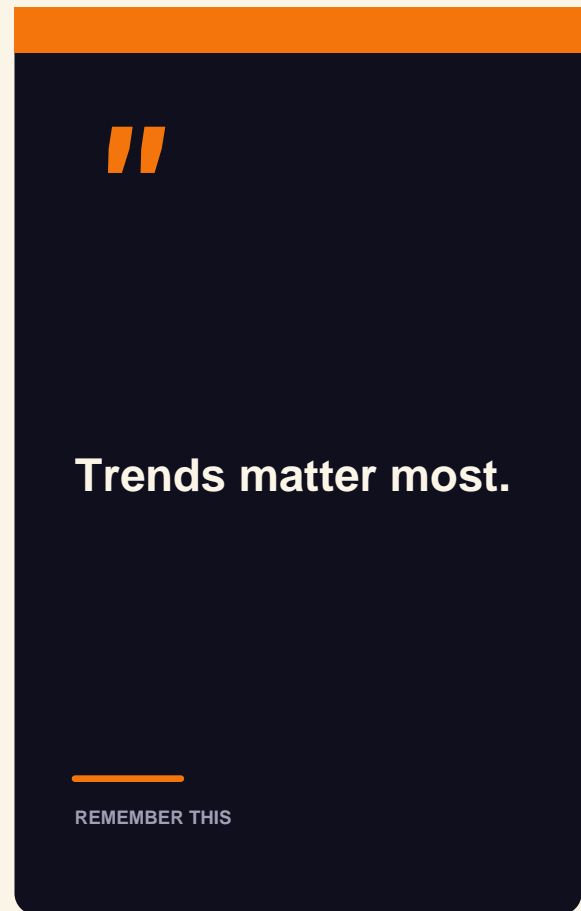
Most apps now SHOW trends:

- This year's HbA1c vs last year
- Cholesterol over time
- Vitamin D progression

Trends matter MORE than single numbers. The app charts them for you.

● **TIP**

Repeat the same tests every 6 months. Track if your treatment is working. Show charts to doctor.





— QUICK RECAP

Labs the easy way.

1

NABL-accredited only

Apollo, 1mg, Thyrocare, PharmEasy, Dr Lal — these are real labs. Avoid super-cheap unknown ones.

2

Morning slots for fasting

Most blood tests need 8-10 hour fasting. Book 7 AM slot. Last meal at 10 PM previous night.

3

Check ID and sealed needle

Phlebotomist must show lab ID card. Needle must be opened in front of you. Refuse if either is missing.

4

Reports arrive in 24 hours

PDF reports come to the app. SMS notifies you. Share directly with doctor on WhatsApp.

5

Repeat tests, track trends

Same test every 6 months. The app charts trends. Trends matter more than any single number.



School of *Elderly*

You did it.

We're proud of you.

Learning new things at any age takes courage. Tell your family what you learned today — they'll be proud too.

WANT MORE LIKE THIS?

We have 38 free guides.

Smartphone basics, UPI, cabs, food delivery, online safety — all free.

schoolofelderly.com →