

## **S3 Fig. Participant Video Instruction Postcard for Capillary Blood Collection**

### **HbA1c Collection Kit Video**

Follow the link below to watch a short video on how to use your HbA1c Collection Kit.

**<https://grade.bsc.gwu.edu/capkit>**

**Thank you so much for taking the time to do the sample collection.  
Your participation in GRADE is important to the study!**

*See reverse for important reminders mentioned in the video.*

## Some helpful tips for completing your collection:

- In case your shipment is lost or delayed, write the date you completed your collection here:

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*(be sure to hold onto this notecard!)*

- When you open the blue-capped vial, be careful not to dump or spill out the liquid
- Once the tube is filled with blood, drop it into the blue-capped vial and close the lid, then shake the vial until the liquid has turned pink.
- Fill in the date you completed the collection on the form, and write in any comments you have.
- Don't write your name or return address anywhere on the form or mailer box.
- Mail your kit back within 2 days of collecting your sample. If it's really hot or cold outside, drop the kit off inside a post office.
- Reach out to your GRADE team if you aren't sure when to complete the collection, and feel free to contact them with any question you have:

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*(Study Coordinator name and phone number)*

