



# KNOW WHERE YOUR FAMILY STANDS.

KEEP YOUR LOVED ONES SAFE DURING THE PANDEMIC

BODYK COMES TO YOU!



## 01 WHY TESTING?

Epidemiological evidence indicates up to 40 percent of COVID-19 transmissions occur covertly, days before symptoms appear. Researchers estimates that 25 percent of carriers (and spreaders) may never manifest symptoms at all. Several studies are showing that testing used offensively can be a great preventative tool to navigate the new norm during the pandemic. Knowing where your family stands by using screening and diagnostic test as a safety measure as the country opens up, can help your family members continue coming back and continuing their daily activities. At BodyK, we simplify the process of COVID-19 testing by providing a service that is convenient and reliable. You don't have to leave your home, stand in a drive-thru test location for hours, or wait long periods of time to get your results. Stay up to date with the [CDC testing recommendations](#).

CALL US TO LEARN MORE ABOUT OUR COVID-19 TESTING SERVICES FOR CORPORATIONS.

### INSIDE THIS GUIDE:

- 02 ABOUT COVID-19
- 03 UNDERSTAND THE TESTS
- 05 HOW THE PROCESS WORKS
- 06 WHAT TO DO WITH THE RESULTS

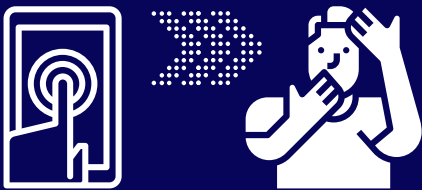
## ABOUT COVID-19

### 02

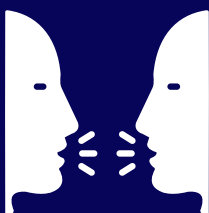
COVID-19 is caused by the SARS-CoV-2 virus. The virus, which can cause mild to severe respiratory illness, has spread globally, and continues to spread throughout the United States. The current information available to characterize the spectrum of the clinical illness associated with COVID-19 suggests that symptoms include:

- cough
- shortness of breath or difficulty breathing
- fever
- chills
- muscle pain
- headache
- sore throat
- loss of taste or smell

## HOW DOES IT SPREAD?

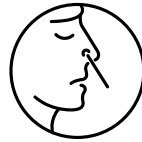


By touching a contaminated surface and then, touching your mouth, nose or eyes.



By having close contact with someone with COVID-19 and breathing in droplets exhaled by them

THERE ARE TWO DIFFERENT TYPES OF TESTS: DIAGNOSTIC AND ANTIBODY TESTS.



### DIAGNOSTIC TEST (MORE KNOWN BY NOSE SWAB)

A diagnostic test can show if you have an active coronavirus infection and should take steps to quarantine or isolate yourself from others. Currently there are two types of diagnostic tests which detect the virus – molecular tests, such as RT-PCR tests, that detect the virus's genetic material, and antigen tests that detect specific proteins on the surface of the virus.

- **PCR/NAA molecular COVID-19** detect current infections. This EUA FDA approved COVID-19 Molecular PCR test identifies the SARS CoV-2. This test confirms the virus is present and active. The turnaround time (TAT) for results is same day, next day, and 48 to 72 hours, depending on which test you choose. This test is collected with a nasopharyngeal swab (Nose swab). For more information, check the Molecular [COVID-19 Test FACT Sheet](#)
- **Antigen test** is performed by a nasal or throat swab. A positive result indicates an active COVID-19 infection. As per CDC guidelines, confirmation of infection with PCR is highly recommended. TAT for results is same day delivery.



### ANTIBODY TEST (ALSO KNOW AS IGG & IGM TEST OR THE "I WANT TO KNOW IF I HAD COVID BEFORE" TEST)

An antibody test looks for antibodies that are made by your immune system in response to a threat, such as a specific virus. Antibodies can take several days or weeks to develop after you have an infection and may stay in your blood for several weeks or more after recovery.

At this time researchers do not know if the presence of antibodies means that you are immune to the coronavirus in the future.

At BodyK, we provide two types of antibody testing that are EUA FDA approved:

- **Dry blood spot (DBS) antibody** - The DBS Test checks for *quantitative* levels of IgG and IgM. A blood sample is collected through a finger-stick, and placed on a dried blood card, and prepared to send to the lab. Turn around time is 48 to 72 hours, and laboratory provides an official report. See [fact sheet](#).
- **Rapid IgG & IgM Antibody** - The rapid test resembles a pregnancy test. It requires a small amount of blood gathered from a finger prick. The blood flows through a strip that has viral proteins on its surface. The test will display one or two colored lines that indicate a positive result. *Unlike the lab based test quantitative measures, these tests only generate a binary "yes" or "no" result.* No official report. See [fact sheet](#).

# HOW DOES THE PROCESS WORKS



## CHOOSE A TEST

DECIDE WHAT TYPE OF TEST YOU WANT TO DO:  
 A- PCR MOLECULAR COVID-19 TEST (SWAB)  
 B- ANTIBODY TEST: DBS OR RAPID  
 C- BOTH, ANTIBODIES AND PCR TESTING  
 D- COVID SCREENING: ANTIGEN TEST



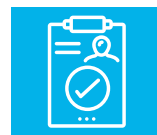
## CALL US TO SCHEDULE A TEST DAY

CALL US TO RECEIVE A QUOTE BASED ON YOUR NEEDS & SCHEDULE A TEST DAY  
 1-833-MYBODYK (692-6395)



## TEST DAY

OUR BODYK STAFF WILL COORDINATE A TESTING DAY. BODYK'S MEDICAL TEAM WILL ENSURE AN IMPECCABLE TESTING SET-UP TO ENSURE A SAFE, CONVENIENT EXPERIENCE FOR YOU AND YOUR LOVED ONES.



## GET RESULTS

RESULTS WILL BE SENT TO YOU VIA EMAIL ONCE THEY ARE AVAILABLE, BASED ON LABS TATS:

- PCR TEST: SAME DAY, NEXT DAY, 48 TO 72 HOURS
- ANTIGEN TEST: SAME DAY RESULTS
- DBS ANTIBODIES: 48 TO 72 HOURS
- RAPID ANTIBODIES: ON SITE RESULTS



## DO YOU NEED TO TEST FOR COVID-19 FOR A MEDICAL PROCEDURE?

Many institutions are requesting individuals to get tested for COVID-19 prior to scheduling surgery, procedures or hospital admission.

We can coordinate a collection date prior to your schedule medical procedure, for test results to be ready on time!



## DO YOU NEED A COVID-19 TEST PROOF TO TRAVEL?

Testing specifications vary. Please check the visiting requirements of the places you are visiting.

We can help you schedule your test prior to your trip to make sure your test results are back on time. Understand that BodyK will have no control of the results of the test, and your plans may need to be postponed or cancelled if results are positive.

### WHAT DOES IT MEAN IF AN ANTIBODY RESULT COMES BACK POSITIVE?

If there is a positive test result, it is possible that you currently, recently or previously had COVID-19 and that you have developed an antibody response to the virus. If there is a positive for IgM, then current infection must be ruled out with a PCR test.

### WHAT DOES IT MEAN IF AN ANTIBODY RESULT COMES BACK NEGATIVE?

A negative test result means that the antibodies to the virus that causes COVID-19 were not found in your sample. However, it is possible for this test to give a negative result that is incorrect (false negative) in some people with COVID-19. A negative result may occur if you are tested early in your illness and your body hasn't had time to produce antibodies to infection. It can take 7 to 10 days for antibodies to develop. This means that you could possibly still have COVID-19 even though the test is negative.

### WHAT DOES IT MEAN IF A PCR TEST COMES BACK POSITIVE?

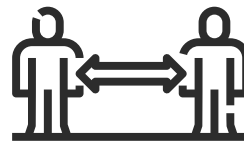
A positive test result confirms a current COVID-19 infection, and you are more likely contagious. You can follow the current [CDC guidelines](#) about what to do if you get a positive result.

If you never develop symptoms, self-isolation can be discontinued 10 days after the date of their first positive RT-PCR test for SARS-CoV-2 RNA.

Although it is no longer recommended by CDC guidelines, many companies and organizations require one or two negative tests prior to returning to work. BodyK can help you schedule your PCR test so you can go back into your regular routine as soon as possible. Just give us a call.

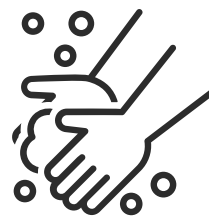


#### SIMPLE STEPS TO PROTECT YOURSELF & YOUR FAMILY



PRACTICE SOCIAL DISTANCING

USE OF MOUTH COVERINGS



HAND WASHING IS ONE OF THE MOST EFFECTIVE METHODS TO AVOID VIRUS EXPOSURE. HAVE HAND SANITIZER AVAILABLE WHEN HAND WASHING IS NOT POSSIBLE.

COVID 19 is extremely contagious. Determining who is infected with COVID-19 is exceptionally difficult due to the nature of the virus.