

# How To Become an InsideTracker Customer

Whether you're new to InsideTracker or are a long-time customer, here are the steps to purchase a plan, ensure your account is set up, get blood results, and use InsideTracker's platform to live healthier.

## Purchase InsideTracker

### 1 Select a blood plan.

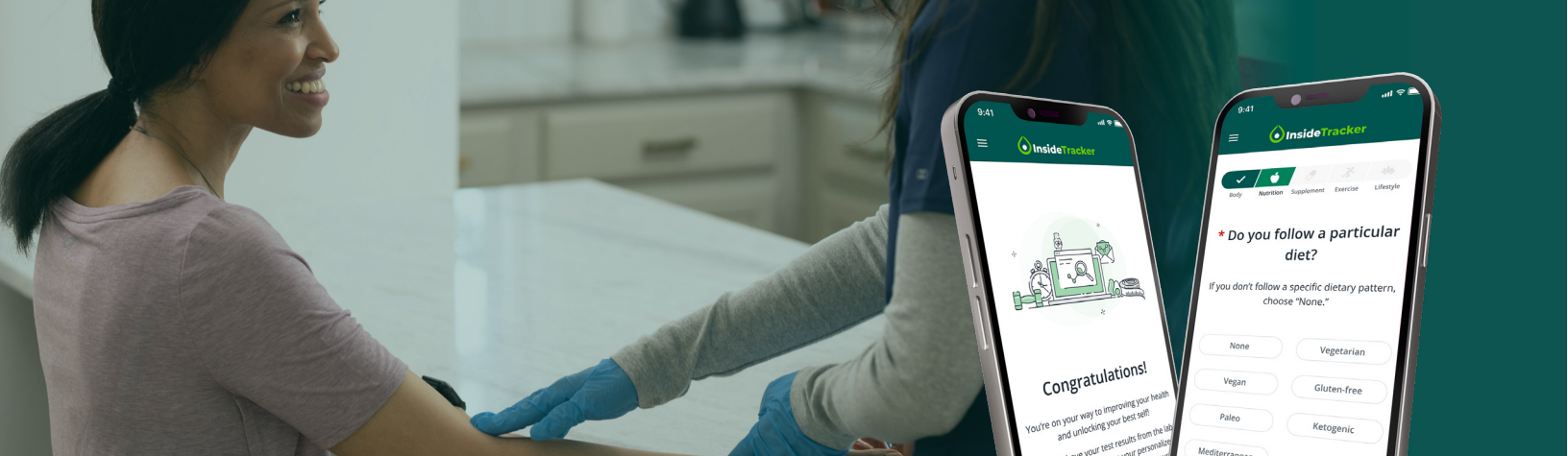
Selecting a plan unlocks access to the InsideTracker platform and all of its features. The Ultimate Plan is the most popular and comprehensive blood analysis plan InsideTracker offers. Purchase a bundle of Ultimate Plans (2 blood draws or 4 blood draws) for upfront savings and to fast track your ability to retest every 3-6 months. Already have a current way to get comprehensive blood work done? Select the Blood Results Upload Subscription to gain platform access and put your results to work.

### 2 Select a blood draw method.

Before purchasing a plan, choose between two options: getting your blood drawn at your local Quest Diagnostics (most common option) or adding on a mobile blood draw to have a licensed professional draw your blood from the comfort of your home or office for an additional \$99. In certain states (NY, NJ, RI, AZ, HI,) a mobile blood draw is required.

### 3 Select add-ons.

Add on an [InnerAge 2.0 calculation](#) to determine your biological age, or add a [DNA Kit](#) to understand how your genetic predispositions impact your health.



## Get your blood drawn

### 4 Set up your account.

Once you've purchased a blood test, complete your account set up.

### 5 Download the iOS or Android mobile app.

Download the InsideTracker app so that you can easily view your results once they're ready.

### 6 Use a test.

In your account, select "Use test" on your Orders page. This will send your test to our physicians, who will approve it within 48 hours. We'll send you a text and email once you're ready to move to the next step.

### 7 Schedule and complete your blood draw.

Schedule your blood draw, whether it's in a lab (like Quest Diagnostics) or a mobile blood draw. Scheduling instructions will vary by lab:

- a **Quest:** To schedule an appointment with Quest, go to [www.questdiagnostics.com](http://www.questdiagnostics.com) and select "Find a Location." Enter your zip code. Under "Test Type," select "All Other Tests". Select "No" for the insurance prompt as you have already paid for your test.
- b **Phlebotesters/ExamOne:** Your phlebotomist will call you directly to schedule your test. Expect to receive a blood draw kit in the mail prior to your appointment.
- c **DynaCare:** Your phlebotomist will call you directly to schedule your test. Your phlebotomist will bring your blood draw kit to the appointment.
- d **GetLabs:** You will receive a scheduling link via an email from InsideTracker. Please skip the order upload; InsideTracker will take care of it. Your phlebotomist will bring your blood draw kit to the appointment.

### 8 Prepare for your blood draw.

It's critical to review and follow these [instructions](#) leading up to your blood draw day.



## Use InsideTracker's platform

- 9 Complete your Health Profile.** While you wait for your blood results (5-10 days), complete your **Health Profile** in your InsideTracker account. Remember, the more information you fill out, the more personalized your results and recommendations will be.
- 10 Connect your fitness tracker to the app.** Connect your fitness tracker (Apple Health, Garmin, Oura, etc.) to the InsideTracker app for more sophisticated insights and recommendations.
- 11 Review your results.** Once your results are ready, review them in the InsideTracker app (or on the web dashboard).
- 12 Add recommendations to your Action Plan.** Read more about each of your recommended actions. Toggle them on or off to customize your Action Plan based on what's realistic for you.
- 13 Check-in.** Check-in to your recommendations as you complete each daily action.
- 14 Retest.** To track and analyze your progress, retest your blood biomarkers after 3 to 6 months.

**Ready to get started?**  
Visit [insidetracker.com](https://insidetracker.com) today.

