

Practice Implementation Guide

A Step-by-Step Guide to Integrating TruDiagnostic Testing into Clinical Practice



1 Practice Setup & Onboarding

1. Create your provider account and confirm portal access

When creating your provider account, use the email address you want designated as the primary account contact. This email should be actively monitored, as it will remain the primary contact for the account.

2. Add staff/users who require report access

Order and results notifications are sent to staff users with email notifications enabled. Billing-related communications are sent to the primary account contact. **Shared login credentials are not permitted.**

Important note: Once the primary contact email is chosen, it cannot be changed.

2 Identifying The Right Patients

TruDiagnostic testing may be considered when additional biological insight can help inform baseline assessment, personalized care planning, or longitudinal monitoring. Patient selection should be guided by the clinical objective, patient readiness, and how results will be reviewed and acted on over time.

3 Identifying The Right Test

CLINICAL QUESTION	TEST	
Is a baseline or follow-up assessment needed to guide care planning?	TruAge + TruHealth Combination Kit™ Recommended	✓
Is the current care plan moving the patient's health / biology in the right direction?	TruAge + TruHealth Combination Kit™ Recommended	✓
What systems may need additional clinical attention?	TruHealth™	
What is the patient's biological age, organ system ages, or pace of aging?	TruAge™	
What are the ages of distinct organ systems?	TruAge™	
How fast is the pace of aging?	TruAge™	

TRUDIAGNOSTIC TESTING OVERVIEW

- 1. TruAge:** Assesses biological age, organ system ages, and pace of aging.
- 2. TruHealth:** Provides systems-level epigenetic health biomarker insights to support broader biological assessment.
- 3. Combination Kit:** Includes TruAge and TruHealth in one collection for the most comprehensive TruDiagnostic assessment.

Staff Guidance: When broad baseline insight or longitudinal tracking is desired, the Combination Kit is the recommended starting point because it includes TruAge and TruHealth in one collection. For test-specific questions, confirm the provider's clinical objective before selecting the test.

4 Ordering, Collection & Registration

ORDERING PROCESS :

- 1. Log into the TruDiagnostic provider portal
- 2. Select the appropriate test and enter patient information
- 3. Confirm the shipping address and delivery details
- 4. Collection may be completed in-office or at home
- 5. IMPORTANT: Register the sample in the portal before shipping.
- 6. Ship the sample promptly using the included shipping materials.
- 7. Estimated Turnaround Time: Approximately 2-4 weeks from the date the lab receives the sample.

COLLECTION CHECKLIST

- 1. Wash and dry hands before collection
- 2. Collect the blood sample according to kit instructions
- 3. Package the sample according to kit instructions
- 4. IMPORTANT: Confirm the sample has been registered in the portal before shipping. The lab cannot process unregistered samples.

Samples that arrive at TruDiagnostic unregistered will experience significant delays in processing and may require sample recollection.

Collection timing: For optimal interpretability, collect samples when the patient is in a stable health state. Acute illness, infection, injury, unusual stress, or recent major health events may influence epigenetic signals and should be considered when scheduling collection. When possible, allow at least three weeks between a major health event and sample collection. Follow test-specific fasting guidance where applicable.

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5 Patient Communication Guidance

COMMUNICATION GUIDANCE

1. Position results as complementary to conventional labs, patient history, and clinical judgment.
2. Do not use results as a stand-alone diagnosis or replacement for standard clinical evaluation.
3. Explain the pathway: Collection → Lab Processing → Results Review → Retesting.

TEST-SPECIFIC FRAMING

1. **TruAge:** Biological age, organ system ages, and pace of aging.
2. **TruHealth:** Systems-level epigenetic health biomarker insights.
3. **Combination Kit:** TruAge + TruHealth in one collection for baseline assessment, care planning, and longitudinal tracking.

6 Delivering & Interpreting Results

Interpretive Framework (4-Step Approach - applicable across TruAge™ and TruHealth™ for any patient profile)

1 CONFIRM COLLECTION CONTEXT

Recent illness, injury, unusual stress, or major health events may influence epigenetic patterns and should be considered when interpreting results.

2 USE BIOLOGICAL AGE MEASURES AS ORIENTATION POINTS

Biological age measures should be interpreted alongside report patterns, patient history, symptoms, lifestyle factors, and conventional labs.

3 IDENTIFY CONVERGING PATTERNS

Converging findings across related systems, pathways, or clinical themes may carry more interpretive weight. Isolated findings should be interpreted cautiously and in clinical context.

4 TRANSLATE INSIGHTS INTO CARE PLANNING

Use results to inform care planning, targeted interventions, and retesting strategy. Emphasize change over time rather than a single absolute result.

7 Retesting & Longitudinal Monitoring

PATIENT SITUATION	SUGGESTED RETESTING CADENCE
Active care plan, intervention, or optimization protocol	Every 3 months, or aligned to care plan milestones
Ongoing monitoring or stable follow-up	Every 6 months
Long-term maintenance after goals are achieved	Annually or as clinically appropriate

Operational best practice: Schedule retesting during the results review visit to create a clear follow-up plan and support longitudinal monitoring.

8 Logistics, Billing & Support

REGISTRATION & STATUS

1. Register each sample in the provider portal before shipping.
IMPORTANT: Unregistered samples cannot be processed by the lab.
2. Use the portal to track order, sample, and result status.
3. Access completed results through the provider portal.

SHIPPING & TURNAROUND

1. Ship samples promptly after collection.
2. Estimated turnaround time: approximately 2–4 weeks from lab receipt.
3. Reorder kits according to the established reorder threshold.

BILLING

1. Standard terms: due upon receipt by credit card.
2. Net 30 terms require approval and are based on account standing.
3. Due-upon-receipt accounts are billed at order; approved Net 30 accounts are invoiced monthly.

SUPPORT

For logistics, billing, customer service, or implementation support:
providers@trudiagnostic.com

For sales or practice implementation questions:
Contact your local Epigenetic Healthcare Consultant

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