INSTRUCTIONS

# For Completing the TM-14 TELEMEDICINE REQUEST FORM

**In order to open and edit this document, a PDF reader is required. We recommend using the following PDF readers:**

**Adobe Acrobat Reader**
https://get.adobe.com/uk/reader/

**Foxit PDF Reader**
https://www.foxit.com/de/pdf-reader/

**Foxit PDF Reader for macOS**
https://www.chip.de/downloads/Foxit-PDF-Reader-for-macOS_84136646.html

**1. Open the latest version of the TM-14 Telemedicine Request Form from the download area, save it as a PDF file on your computer, and then proceed to complete the form.**

Download File → Save File

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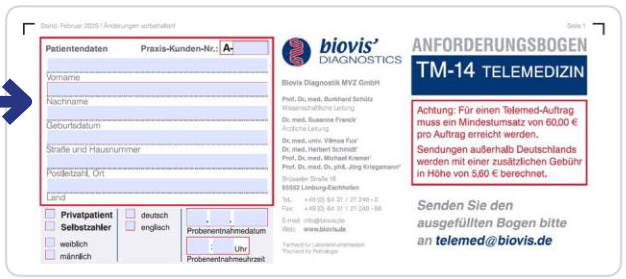
**2.** Please enter **all patient information** and your **biovis customer number**, which starts with **an "A"**.

Complete Form

## IMPORTANT NOTE

If you are unsure of your customer number, please contact our customer service team at +49 6431 / 212 48-0 for assistance. **Your biovis customer number is required to ensure that the report (after the sample has been analysed) is sent to the correct recipient.**

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**3.** Next, choose the **examinations to be conducted** and check the corresponding selection box.

Select Test(s)

## IMPORTANT NOTE

Please note that a **minimum order value of €60.00** is required for every telemedicine order. You can obtain the **latest price lists for the TM request form** by contacting our customer service at info@biovis.de. An **additional charge of €5.60** will be applied for shipments outside Germany (in total € 11.20).

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**4.** Save the PDF document again before sending to ensure that all details have been saved properly. Then send the completed request form to the following email address:

**telemed@biovis.de**

Thank you very much for your cooperation.

**Patient details** **Practice-/Customer-No.:** A-

First name

Date of birth

Family name

Street and house number

Postal code and city

Country

Phone/Cell phone number*

E-mail address*

. Time of Sampling

. . Date of Sampling

☐ female ☐ male

biovis' DIAGNOSTICS

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REQUEST FORM

# TM-14-1-EN TELEMEDICINE

**Please note:**

Telemedicine services are only offered within the EU, UK, and Switzerland

There is a minimum charge of € 60.00 per Telemed order.

An additional charge of € 5.60 applies for shipments outside Germany (in total € 11.20).

Please make sure to enclose the completed request form with your samples.

# Request Form for Telemedicine

☐ T100 ☐ Copy, subsequently submitted sample/s

## Biovis Prevent 360 (Capillary Blood Analysis)

☐ N360 **Biovis Prevent 360** *NEW* T933
Comprehensive screening for 75 parameters, including amino acid profile, fatty acids, vitamin D, minerals (Se, Zn, Mg, Fe), stress, atherosclerosis, and metabolic markers, bile acids (liver, gallbladder), and bacterial metabolites (gut).

## Molecular Genetic Microbiome Analyses

### Compact, practice-orientated microbiome analyses

Includes evaluation of findings and therapy recommendations

☐ A713A **Microbiome Mini** OS, Fe
(Bacteriome + mycobiome) Diversity, phyla distribution, enterotype, relevant bacteria (e.g. F. prausnitzii, A. muciniphila) and 7 facultative pathogenic yeasts. Functional groups (besides butyrate-, equol-, histamine- and H2S-formation etc., synthesis of secondary bile acids, estrobolome, TMA metabolism, phenol, indole and ammonia are considered further on.)

☐ A713B **Microbiome Midi** OS, Fe
(Bacteriome + mycobiome + parasites) Microbiome Mini includes 7 facultative pathogenic yeasts and common single-celled parasites. Examination of important functional groups (see above)

☐ A713BW **Microbiome Midi Plus** OS, Fe
(Bacteriome + mycobiome + parasites + worms and microsporidia) Microbiome Mini includes 7 facultative pathogenic yeasts, common single-celled parasites as well as worms and microsporidia. Examination of important functional groups (see above)

### Large Microbiome Analyses

☐ A713C **Microbiome Maxi** OS, Fe
(Bacteriome + mycobiome + parasites) Microbiome Mini incl. additional bacterial genera and species, 7 facultative pathogenic yeasts and all common parasites, as well as functional groups (see above)

☐ A713CW **Microbiome Maxi Plus** OS, Fe
(Large bacteriome + mycobiome + single-celled parasites + worms and microsporidia) Microbiome Maxi with human pathogenic worms and microsporidia

☐ A713OM **Microbolome 1.0** *NEW* OS, OM, Fe
Microbiome Maxi **+ 20 metabolites!**
Metabolome in stool: irritable bowel syndrome-related metabolites: histamine, tryptophan, serotonin, GABA; amino acid precursors (4), toxins (4), AhR agonists (7), bile acids (6), various ratios and scores

### Molecular Genetic Stool Analyses

☐ A171 **Mucin-/Butyrate Formation Profile** OS
Faecalibac. prausnitzii, Akkermansia muciniphila

☐ A121 **Mycobiome: Relevant Yeasts** OS
(including pathogen quantification) C. albicans, C. tropicalis, C. glabrata, C. parapsilosis, C. dubliniensis, C. krusei, C. lusitaniae

☐ A178 **Parasites Profile, PCR** OS
(6 parameters) Giardia lamblia, Entamoeba histolytica, Cryptosporidium spp., Cyclospora cayetanensis, Blastocystis hominis, Dientamoeba fragilis

☐ A178B **Blastocystis Subsequent Differentation** OS
Pathogenic and apathogenic subtypes upon detection

☐ A178C **Blastocystis Subtypes Single Request** OS
Differentiation of pathogenic and apathogenic subtypes

☐ A140 **Bacterial Enteritis Pathogens** Fe
Salmonella, Shigella, Campylobacter, Yersinia, Cl. difficile GDH

☐ A450 **Cl. difficile GDH, Toxin A, Toxin B** Fe

☐ A141 **Intestinal Pathogens and Toxins PCR** *NEW* OS
Campylobacter spp., C. difficile toxin A/B, E. coli O157, Salmonella spp., Shigella spp., EIEC, EHEC, Y. enterocolitica

☐ A169 **Worms, Microsporidia** OS
Tapeworms, roundworms, pinworms (oxyurs), hookworms, New World hookworm, dwarf tapeworms, whipworms, dwarf threadworms, Enterocytozoon spp. / Encephalitozoon spp.

☐ A179 **Viral Enteritis Pathogens Profile, PCR** OS
Norovirus GI + GII, Rotavirus, Adenovirus, Astrovirus, Sapovirus

## Stool Diagnostics

### Profiles

☐ A110 **Microbiological Flora Status** Fe
Detection through cultivation of aerobic and anaerobic bacteria and yeasts

☐ A111 **Microbiological Flora Status Plus** OS, Fe
Florastatus + F. prausnitzii, Akkermansia muciniphila

☐ A112 **Histamine Producing Bacteria** Fe
(Cannot be requested together with microbiome tests)

☐ A120 **Mycological Flora Status** Fe
In case of yeast detection, biochem. diff.

☐ A125 **D-Arabinitol in Urine** T928

☐ A130 **Basic Profile Intestinal Tract** 2Fe
Flora status, digestive residues, pancreatic elastase, bile acids, α-1-antitrypsin, calprotectin, sIgA

☐ A131 **Basic Profile Intestinal Tract Plus** OS, 2Fe
Basic Profile Intestinal Tract + F. prausnitzii, Akkermansia muciniphila

☐ A020 **Stress Basic Profile** 2Fe, T909
Basic Profile Intestinal Tract + Zonulin, histamine

### Additional Functional Stool Parameters

☐ A750 **Maldigestion, Malabsorption, Mucosa Immune System** 2Fe
Digestive residues, pancreatic elastase, bile acids, α-1-antitrypsin, calprotectin, sIgA

☐ A501 **Leaky Gut** (Zonulin, histamine) Fe, T909

☐ A180 **Digestive Residues** Fe
Quantitative proof of fat, nitrogen, sugar, water

☐ A190 **Maldigestion:** Fe
Pancreatic elastase, bile acids

☐ A200 **Malabsorption:** α-1-AT, Calprotectin Fe

☐ A350 **Lactoferrin** Fe

☐ A360 **Lysozyme** Fe

☐ A370 **PMN Elastase** Fe

☐ A340 **α-1-Antitrypsin** Fe

☐ A390 **Mucosal Immunity: sIgA** Fe

☐ A400 **Colonisation Resistance: β-Defensin** Fe

☐ A500 **Zonulin** Fe

☐ A420 **EPX** Fe

## Early Detection of Colorectal Cancer

☐ A320 **Haemoglobin/Haptoglobin** T910

☐ A430 **M2PK in Stool** Fe

☐ H205 **ColoAlert** T920

## Gastroenterological Diagnostics

☐ B110 **Lactose Breath Test** T901

☐ B120 **Fructose Breath Test** T900

☐ B130 **Sorbitol Breath Test** T902

☐ B900 **Bacterial Cleavage Activity of Fructose and Sorbitol in Stool** Fe

☐ B105 **SIBO** T929
(Bact. Overgrowth Syndrome)
Breath test for the detection of small intestinal bacterial overgrowth

☐ B220 **Helicobacter pylori Ag in Stool** Fe

## Food Intolerances

☐ A410 **Histamine in Stool** T909

☐ C415 **Histamine in Urine** T928

☐ N390 **Diamine Oxidase** *(DAO) (1 Field)* T922

☐ CO46D **IgG4 Food Screen** T919

☐ A480 **Gliadin and Transglutaminase Ab (TG2) in Stool** Fe

## Metabolome Analyses

### Metabolome Stool

☐ A650 **Fatty Acids** *(SCFA)* Fe
Butyrate, acetate, propionate, iso fatty acids

☐ A660 **β-Glucuronidase** Fe
Regulation of the reabsorption of hormones, phytoestrogens, toxins, drugs or carcinogenic substances

☐ A672 **Irritable Bowel-Related Metabolites** *NEW* OM
**4 Metabolites:** histamine, tryptophan, GABA
*Common causes of irritable bowel syndrome: histamine excess, lack of tryptophan, serotonin, and/or GABA

☐ A640 **Metabolome in Stool** *NEW* OM
**20 Metabolites:** irritable bowel syndrome-related metabolites (histamine, tryptophan, serotonin, GABA) amino acid precursors (3), toxins (4), AhR agonists (7), bile acids (6), various ratios and scores

**Urine Diagnostics:** 2.MU = Second Morning Urine; U = Urine; **Stool:** Fe = Native Stool; OS = OmicSnap; OM = OmicSnap Meta
**Other Materials:** T + number = Special Test Set

*Mandatory information for international shipments. Without providing the patient's phone number and e-mail address, delivery is not possible.

TM-14-1-EN-1

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## Metabolome Urine

- ☐ A675 **TMA and TMAO Formation** T928
  **TMAO:** bacterial causes of cardiovascular diseases, including consideration of the starting substances: **choline, betaine** and **L-carnitine**
  *(do not eat seafood/fish 2 days before sampling !!)*
- ☐ A681 **Bacterial Uremic Metabolites** T928
  Hippuric acid, HPHPA, indole-3-acetic acid, indoxyl sulfate, p-cresol sulfate, phenylacetylglutamine, tryptamine
- ☐ A685 **Tryptophan-Metabolism Plus** T928
  Comprehensive analysis of the TRP metabolism: **Serotonin formation, kynurenine pathway** with kynurenine, kynurenic acid, 3OH-kynurenine, quinolinic acid, IDO activity, KMO activity. Additionally: **Neopterin** (screening for IFN-γ mediated TH1 activation)

## Vaginal Diagnostics

___.___ *pH value*

- ☐ V712 **Vaginal Microbiome** T921
  Diversity, vagitype, dominant lactobacilli flora, $H_2O_2$, lactic acid formation, accompanying anaerobic flora, bacterial vaginosis associated bacteria + Candida incl. interpretation of findings and therapy recommendation
- ☐ K362 **Vaginal Swab** T911
- ☐ K366 **Vaginal Swab** including aromatogram T911
- ☐ K386 **Urine Culture for Bacteria and Fungi** U green
  including aromatogram

## Neurological Stress and Endocrinology

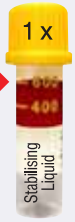
- ☐ F610 **NT-Tryptophan Metabolism** T928
  Comprehensive analysis of the TRP metabolism: Serotonin production, kynurenine pathway with kynurenine, kynurenic acid, quinolinic acid, IDO and KMO activity. Additionally: Catecholamine determination: Dopamine, norepinephrine and adrenaline as well as evaluation of TH1 pathway activation via neopterin
- ☐ F620 **NT-Tryptophan Metabolism Plus** T928
  Comprehensive analysis of the TRP metabolism: Serotonin production and kynurenine pathway, of the catecholamine metabolism: PHE, tyrosine, dopamine, norepinephrine and adrenaline, further neurotransmitters: GABA, glutamate as well as relevant cofactors, methyl group donors, parameters of NO stress and of mitochondria +evaluation of immune activation (neopterin, BH4) and risk of arteriosclerosis (TMAO)
- ☐ F630 **Methyl Group Donors** T928
  SAM, SAH, betaine, choline
- ☐ F500 **Neurotransmitter Basic** T928
  Catecholamines (Adrenaline, noradrenaline, dopamine), serotonin
- ☐ F510 **Neurotransmitter Plus** T928
  Neurotransmitter Basic + glutamate, GABA
- ☐ F520 **Inhibitory Neurotransmitters** T928
  Serotonin, GABA

## Other Profiles

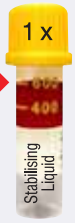
- ☐ E190 **Hair Mineral Analysis** T913
  38 minerals/trace elements

## Clinical Chemistry / OM Medicine

- ☐ E670D **Basic Profile OM**
  ***Clinical Chemistry***
  Creatinine, urea, amylase, GGT, GOT, GPT, AP, Chol, TG, LDL, HDL
  ***Silent inflammation***
  hsCRP
  ***Thyroid gland***
  TSH
  ***Vitamins, vitaminoids***
  Folic acid, vitamin B12, vitamin D3 *(25OH)* vitamin E, coenzyme Q10
  ***Iron metabolism***
  Ferritin
  ***Minerals***
  Selenium, copper




- ☐ G101D **Basic Profile General**
  ***Clinical Chemistry***
  Creatinine, urea, amylase, GGT, GOT, GPT, AP, Chol, TG, LDL, HDL
  ***Silent inflammation***
  hsCRP
  ***Thyroid gland***
  TSH
  ***Iron metabolism***
  Ferritin

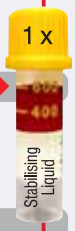



## Thyroid Gland

- ☐ F201D **TSH, FT3, FT4, TPO**
- ☐ F223D **FT3, FT4, TPO**
- ☐ F222D **FT3, FT4**

## Iron Balance

- ☐ G620D **Transferrin Saturation**
  Serum iron, transferrin
- ☐ G630D **Ferritin**




## Silent Inflammation

- ☐ G450D **hsCRP**

## Minerals

- ☐ E110D **Whole Blood Mineral Analysis**
  Na, K, Ca, Mg, Fe, Cu, Zn, Se

## Vitamins (Additional Tests)

- ☐ E421D **Vitamins, Vitaminoids**
  Folic acid, vitamin B12, vitamin D3 *(25OH)*, vitamin E, coenzyme Q10
- ☐ E422D **Biotin, Vit A, Vit B3, Vit B5**

- ☐ N1000 **Vitamin D Bloodspot** T922
  *(1 completely filled field)*

## Fatty Acids

- ☐ N1010 **Fatty Acids Bloodspot** *(1 field)* T922
  12 FA *(saturated/unsaturated FA, ω3/ω6-FA)*

## Organic Acids

- ☐ E408 **Complete Profile Organic Acids** T928
  Contains 21 organic acids and provides information on mitochondrial energy production, vitamin metabolism, methylation capacity (folic acid requirement), oxidative stress, amino acid metabolism, etc.

## Special Urine Analyses

- ☐ L120 **Cryptopyrrole** T903

## Salivary Hormones

- ☐ 0200 **Cortisol Diurnal Profile**
- ☐ 0220 **Cortisol-DHEA-Diurnal Profile** TBio1
- ☐ 0934 **Hormone Profile Male** T905
  Cortisol, DHEA, progesterone, testosterone, estradiol
- ☐ 0935 **Hormone Profile Female** T905
  Cortisol, DHEA, progesterone, testosterone, estradiol
- ☐ 0310 **Cortisol** T905
- ☐ 0320 **DHEA** T905
- ☐ 0330 **Progesterone** T905
- ☐ 0340 **Estradiol** T905
- ☐ 0350 **Testosterone** T905
- ☐ 0355 **Estriol** T905
- ☐ 0360 **Melatonin** *(night saliva)* T923

## Detoxification/Toxicology

### Dentistry

**Multielement Analysis Saliva** (chewing gum tests)

- ☐ I610 **Amalgam / Root Fillings** T931
  MEA (multielement analysis: Ag, Au, Bi, Cd, Co, Cu, Hg, In, Ir, Mo, Pb, Pd, Pt, Sn, Zn, Zr)
- ☐ I620 **Dental Crowns** T931
  MEA-Tox I (MEA + As, Ni, Ti)
- ☐ I630 **Prostheses and Implants** T931
  MEA-Tox I + Cr, Al
- ☐ I640 **Bisphenol A** T931

### Systemic Heavy Metal Exposure

- ☐ I115 **Heavy Metals in Urine without Chelate 38 Elements** 2.MU
  like I113

### Additional Toxicology

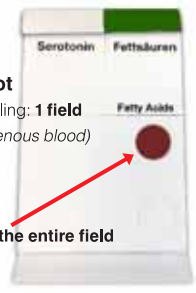
- ☐ I360 **Glyphosate** U

**CapiSave** *(with stabilising liquid)*
Minimum volume: 300 µl
*(capillary/venous blood)*
**Please fill up to the 600 µl mark**

## Explanation - Filling the capillary blood tubes

**Heparin**
Minimum volume: 200 µl
*(capillary/venous blood)*
**Please fill up to the 200 µl mark**

**Serum**
Minimum volume: 300 µl
*(capillary/venous blood)*
**Please fill up to the 300 µl mark**




**Bloodspot**
Minimum filling: **1 field**
*(capillary/venous blood)*
**Please fill the entire field**

## Patient Declaration

Errors and changes are reserved.

I hereby declare my consent to the examinations arranged. I have been informed of the costs and of the right to a second medical opinion.

I agree that the services I wish to receive are preventive services which are not part of basic medical care. The services will be charged on the basis of the German Scale of Fees for Physicians (GOÄ). In addition to the service, a reimbursement of expenses according to §10GOÄ (3) in the amount of 5.60 € will be charged. **I have no claim against my health insurance for reimbursement of the individual services.** The laboratory medical examinations are carried out by biovis' Diagnostik MVZ. **My doctor has informed me about this.**

I agree to my personal data being transmitted for the provision of services (name, address, payer, insurance number, date of birth and gender, if applicable, information on body height and weight, medical history and medication), insofar as this is necessary for requested analyses. (Regulation (EU) 2016/679 Art. 6 para. 1 lit. B). I give this consent voluntarily and can revoke it informally at any time with immediate effect for the future without giving reasons. My doctor has also informed me about this.

☐ I agree that remaining sample material may be stored for scientific purposes (e.g. method development) until revoked.

• **Place and Date**

• **Signature/Legal Representative**