

Welcome to Goodlabs

Here is everything you need to know about
starting your blood donation journey with us.

Do good, feel better.

goodlabs

In partnership with



LifeStream
Blood Bank

Hi!

Let's get started.

Welcome to your health insights journey.

As a LifeStream donor, you can now get comprehensive health testing at no cost as part of the blood donation you're already making. How cool is that!

This first-of-its-kind program is made possible through an exclusive partnership Goodlabs has formed with LifeStream, which provides blood products and services to more than 80 hospitals across Southern California.

Our story

Goodlabs was born from a simple frustration: **why does learning about your health have to be so expensive?**

Our founder has genetic hemochromatosis, a condition that requires regular blood donations and ongoing monitoring of iron levels. He saw firsthand that routine bloodwork can be expensive and difficult to access, while blood centers across the country face an ongoing need for donors.

Goodlabs brings those two needs together. Through our partnership with LifeStream, blood donors can get comprehensive health testing at no cost as part of the blood donation they're already making.



How we operate

During your donation process, Goodlabs uses a portion of your blood draw for bloodwork. There's no extra needle and no extra cost.

Your donation serves two purposes:

- Helps provide lifesaving blood to those who need it.
- Gives you professional-grade health insights through testing from CLIA-certified labs.

Why this matters

We believe taking care of your community and taking care of yourself go hand in hand.

By incorporating health insights into the donation experience, Goodlabs makes it easier to learn more about your wellbeing while making a meaningful difference for others.

What to expect

Welcome to your health insights journey in partnership with LifeStream.

Before your donation

- Give your pre-labeled test tubes to the phlebotomist when you arrive.
- Donate as usual. Your phlebotomist will take care of everything else.

After your donation

- Take this guide home for information about your testing, results, and recovery.
- Follow the recovery guide for simple tips on taking care of yourself after donating.

Understanding your results

- Results will be available in the Goodlabs dashboard within 4–6 business days.
- Click into your results to learn what each biomarker means, and what to do if your number is out of range.

We're here to help

- **Looking to better understand your results?**
Ask Barry, our in-platform AI assistant, under “My health” → “Results”
- **Need help with Goodlabs?**
Email support@goodlabs.com or text us back anytime.
- **Questions while you're in-center?**
Ask the phlebotomist or a Goodlabs team member.
- **Have a medical concern?**
Talk with a healthcare provider or local clinic for medical guidance.

Recovery guide

Rebuild your red blood cells

Donating blood temporarily lowers your body's iron stores. Iron-rich foods help your body make new red blood cells, while vitamin C helps your body absorb iron.

- **Iron-rich foods:** Lean meats, fish, lentils, beans, and dark leafy greens
- **Vitamin C:** Citrus fruits, berries, bell peppers, tomatoes, and broccoli

Easy meal ideas

- **Steak with spinach salad:**
Add citrus dressing for vitamin C
- **Salmon with sweet potato and broccoli:**
An easy iron- and protein-rich meal
- **Lentil soup with bell peppers:**
A simple plant-based option
- **Chicken fajita bowl:** Add a squeeze of lime for vitamin C

Hydration

- Drink an extra 32 oz of fluids throughout the day
- Rehydrate with water or an electrolyte drink
- Avoid alcohol for at least 4 hours

Rest & sleep

- Sit or lie down if you feel dizzy or lightheaded
- Take a break if you feel more tired than usual
- Get a good night's sleep

When to get help

If you experience persistent dizziness or fainting, excessive bleeding or swelling at the donation site, or anything else that concerns you, contact LifeStream or a healthcare provider.

Physical activity

- Keep your bandage on for 4–6 hours
- Avoid strenuous exercise and heavy lifting for the rest of the day
- Avoid activities that put strain on your donation arm
- Light activity, like walking, is okay if you're feeling well

What to expect next

- **Next 24 hours:** Hydrate, rest, and eat well
- **Next week:** Include iron-rich foods and gradually return to your normal routine
- **Next 8 weeks:** Return to normal as your body fully replaces the red blood cells lost during donation

Questions? Email support@goodlabs.com

A healthier you creates a healthier community.

Help more people in your community access bloodwork,
through blood donation or by purchasing a Goodlabs test.



Refer friends to donate

Encourage your community to donate blood and help save lives. Earn Goodlabs rewards.



Refer friends to donate



Get rewarded for doing good



Keep referring to earn more rewards

See your rewards under “My Profile” in your Goodlabs dashboard.

Testing beyond a blood donation

Goodlabs also offers testing outside of blood donation, including individual tests and comprehensive panels.



Friends get 20% off their first purchase



You get 20% off your next purchase



Keep referring to earn more

Rewards aren't just for those who donate. Explore rewards in your Goodlabs dashboard.



Loved your experience?

Spread the word and encourage others to donate. Tag **@hellogoodlabs** and **@lifestreambloodbank** when you share on Instagram or TikTok.

A person is seen from behind, standing in a vast field of yellow wildflowers. The field stretches towards a horizon under a clear, light blue sky. The overall mood is peaceful and contemplative.

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The answers you want.
The blood they need.

goodlabs.com