

## 23andme.com Instructions

1. Go to 23andme.com and sign up for a kit. The kit cost is \$99 and \$79 for additional kits ordered at the same time.
2. A kit (or kits) will be shipped to you.
3. Follow directions for saliva sample.
4. Register your kit online.
5. Return your kit per instructions.
6. Upon receiving an email that your results are ready, follow prompt and go online.
7. In upper right hand corner you will see your name. Follow drop down list to "Browse Raw Data." Click on "Browse Raw Data" and download your raw data. This will be a very large file of over 11,000 pages. Do not print.
8. Name and save raw data on your desktop.
9. Go to geneticgenie.org and upload your raw data file.
10. Make a \$10 donation and download your Methylation Profile.
11. Name and save this on your computer.
12. Make an appointment for us to review the findings of your Methylation Profile and make recommendations.