



How to upload DNA from 23andMe to Living DNA

To transfer your DNA from 23andMe to Living DNA, you must first download it from 23andMe then upload it to Living DNA.

Download your autosomal raw data file from 23andMe

1. Sign In to your 23andMe account
2. Click on your initials (in top right), and from the drop-down menu select 'Settings'.
3. In 23andMe Data section click on 'View'.
4. On the next page, scroll down to the Raw Data section and click on 'Download Raw Data'.
5. Read advice and agree and Click 'Submit'.
6. You will receive an email with instructions to download your DNA within 30 days. On the email click 'Download Raw Data' to download your raw data file. Note where you save the file on your computer (save it, don't open it).

Upload your DNA to Living DNA

1. Go here: <https://livingdna.com/uk/free-dna-upload>
2. Click on 'upload your DNA for free today' and you will be invited to either create an account or sign into your existing account (if you already have one). Create an account if you do not already have one.
3. Once you have logged into your account you will see a link to 'upload DNA'. Alternatively if you have already uploaded DNA for someone and are seeking to upload a second kit then on your homepage you will see a link to 'upload more DNA'. Click on this link.
4. You will be asked to confirm if the DNA belongs to you, a dependant or someone else. You also need to give the name of the tester, country of birth, date of birth and biological sex.
5. Please note that even though this is a UK site the date format required is in the American style (month first).
6. Select the file from your computer and upload it. This normally takes only a few seconds.
7. Next you will be invited to join family networks. This is the matching database and is required to see your matches. Click 'Let's go!'.

8. You are requested to choose how you want your profile name to appear on Living DNA and accept the terms and conditions.
9. Your data will then be compared against everyone else in the database. In about 2 weeks' time you will receive an email to say your matches list is ready.

