



How to upload DNA from Ancestry to Living DNA

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

Download your autosomal raw data file from Ancestry

1. Log in to Ancestry and click on your initials (or photograph) at the top right corner of the page.
2. Select 'Account Settings' and then, on the menu at the left, select 'DNA'.
3. You will see a section called 'Your DNA Tests' - click on your name (or the name of the person whose DNA you wish to download).
4. Scroll down to the 'Download or Delete' section at the bottom of the page - select 'Download DNA Data'.
5. Tick the box to confirm you wish to download your data and then 'continue'.
6. Verify your account by requesting a code by email or entering your password.
7. Await an email from AncestryDNA with the title 'Raw DNA Data Download Confirmation'. This may take a while to arrive.
8. In the email, click 'Confirm Data Download' and you will be redirected to the AncestryDNA download page.
9. Click 'Download DNA Data' to download your raw data file and make a note of where you have saved the file to.

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.

