



How to upload DNA from MyHeritage to Living DNA

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

Download your autosomal raw data file from MyHeritage

1. Log in to your MyHeritage Account.
2. Click on the "DNA" tab in the top menu and then select "Manage DNA kits" from the dropdown menu.
3. On the "Manage DNA kits" page, find the kit you want to download and click the three dots (options menu) to the right of it.
4. From the menu that appears, select "Download kit".
5. A popup window will provide information about your download; click "Continue".
6. Read the MyHeritage Terms of Service and Privacy Policy, check the box to accept them, and click "Continue".
7. An email will be sent to the address registered with your MyHeritage account containing the download link.
8. Open the email, click the download link, enter your password on the MyHeritage website, and then click the "Download" button to save the file to your computer. Make sure you know where you are saving this document as you will need it to upload to Living DNA.

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.

