

Using the Genetic Lifehacks Member's Features

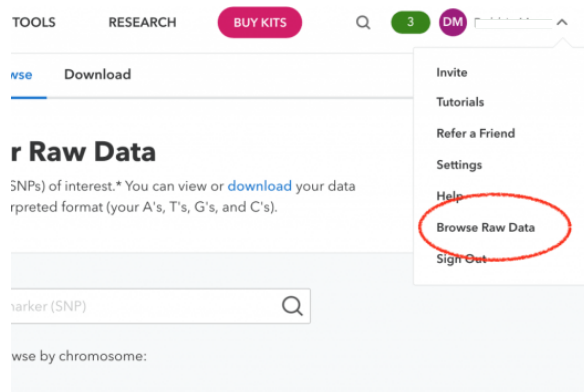
1) Downloading your raw data file from 23andMe (You only need to do this one time)

Downloading Step 1:

Go to www.23andMe.com and log in with your password.

Downloading Step 2:

On the top navigation bar, click the down arrow next to your name in the upper right corner. Click on the Browse Raw Data link.



Downloading Step 3:

On the Raw Data page, click on the download.



Downloading Step 4:

Scroll down to the bottom of the download page (yes, read it as you scroll :-). There you will click the button to request to download your data.



Request your raw data download

Click the link below to submit a request to download your raw data file. When it is ready, we'll send you a message to the email address linked to your account. You can also check this page for the status of your request.

Submit request

Downloading Step 5:

It takes several minutes for the download to be ready. 23andMe will send you an email when the file is ready -- or you can just refresh the download page again in a minute.

Click to download the raw data file. It will be a .zip file that is saved to your default downloads folder. For most people on Windows 10, this is the folder called "Downloads".

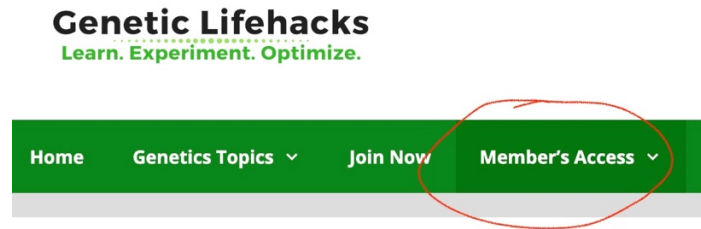
Double click the .zip file to unzip it.

Be sure to move the "genome_ your name " .txt file to a safe place on your hard drive where you will be able to find it again!

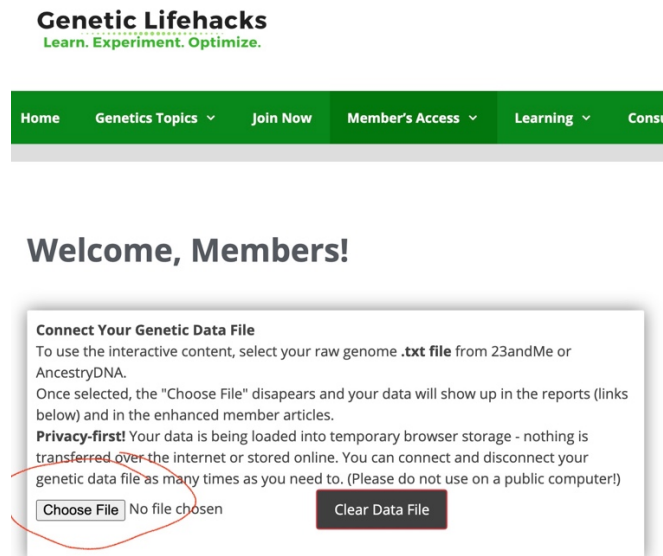
2) Log in to the Member's Area on Genetic Lifehacks (you need to do this each time)

Click Member's Access on the top navigation bar.

If you are not logged in already, it will prompt you for your username and password.

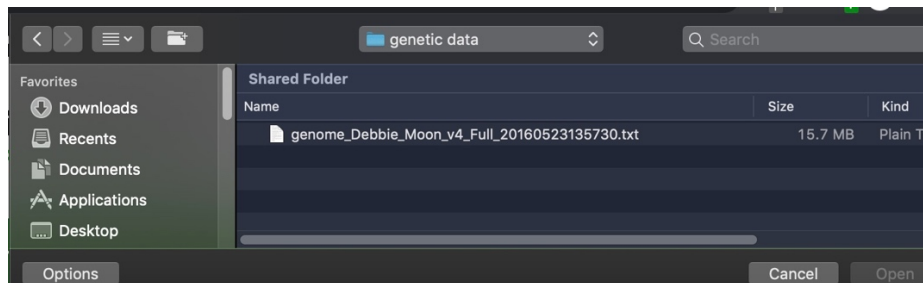


3) Connect your genetic raw data file (You need to do this if you see the choose file button)



Click the Choose File button.

Then select your genetic raw data file. It will start with "genome_ your name" and it ends with .txt.



When the genetic data file is chosen, the “Choose File” button disappears.

Welcome, Members!

Connect Your Genetic Data File

To use the interactive content, select your raw genome **.txt file** from 23andMe or AncestryDNA.

Once selected, the "Choose File" disappears and your data will show up in the reports (links below) and in the enhanced member articles.

Privacy-first! Your data is being loaded into temporary browser storage - nothing is transferred over the internet or stored online. You can connect and disconnect your genetic data file as many times as you need to. (Please do not use on a public computer!)

Clear Data File

You are all set! Your data should now show up in the Topic Summary Reports and in the articles.

Questions/Problems: email debbie@geneticlifehacks.com