

Patient Instructions – 23andMe Genetic Testing

Ordering your test kit

- Go to www.23andme.com
- Order a test kit (\$199)
- A fee for interpretation & consult with Dr. Siegel regarding your results will apply and is \$200.
- Expect an email from dnasupplementation.com that includes a health survey link that needs to be completed by the time you collect & send your sample.

Registering your test kit

- Once you receive your test kit in the mail, open it up and go to www.23andme.com/start to register it
- Enter your email address, first and last name and birthdate
- A verification email will be sent to the email address provided
- Set your password and security questions for your 23andMe account
- Enter the barcode found on the collection tube within test kit and select “you” as user of the kit; confirm info
- Confirm your information, agree to terms of service statement & then give consent
- Select “Submit” to complete registration
- You will immediately receive a registration confirmation email
- Once your registration is complete, you may be prompted to answer several more questions to complete your profile. We HIGHLY suggest skipping this step as it adds significant time to the return of your test results, and does not provide Dr. Siegel any additional useful information.

Submitting your test kit

- No food, drink, chewing gum or tobacco for 30 minutes prior to providing your saliva sample
- Follow the instructions provided inside your test kit. This simple collection method should only take about 5 minutes to complete.
- Shipping is already included with the purchase price of the kit, and instructions are included inside the kit
- You should get your results in 3-6 weeks

Downloading your Genome from 23andMe

- Your genome is ready to download when you receive an email from 23andMe that says “Your initial reports are ready”
- YOU MUST USE A COMPUTER TO DOWNLOAD YOUR GENOME. YOU CANNOT USE A MOBILE DEVICE
 - Go to www.23andMe.com
 - Click “sign in”
 - Enter your email address and password into the corresponding fields
 - Click “Log In” (takes you to your home page)
 - Click “Tools” from the top of the page
 - Click “browse raw data” from the bottom right box titled “Raw Data”
 - Click on “download”
 - Select the profile you wish to download
 - Leave the Data Set at “All DNA”, Enter your password, and select “download raw data”
 - **Save this file where you can easily find it**
 - The file will download as a .zip or .txt file; this is what we need. **DO NOT OPEN OR SAVE AS PDF; also, Mac users: do not use zip file of PDF**

Sending a genome to BioHealth Wellness Center:

- Once the file has downloaded, attach it to an email and send it to staff@biohealthohio.com
- Please include the full name (including middle initial) and birthdate of the person whose file you are sending
- Send only 1 file per email as they are large files

If you have any questions please call us at 614-431-0555 or email staff@biohealthohio.com