



## Download and Transfer Raw Data and Receive 23andMe Report

Once you have your results from [23andMe.com](https://www.23andme.com), you'll need to download the raw data file so that you can upload the data file into a service that extracts and translates the available information into another format.

In order to download the raw data, follow these steps:

- 1) Log into your [23andMe.com](https://www.23andme.com) account
- 2) In the upper right corner, you should see your name. Click on your name and a menu drops down.
- 3) The menu that drops down has as one of its options, "Browse Raw Data." Click that link.
- 4) On the next page, again in the upper right, you should see the word "Download." Click that link.
- 5) On the next page you see, there is some text at the top that you can feel free to read through. Scroll down and answer the log in and security question. In the menu for "Whose data would you like to download?" be sure to select the appropriate Profile from the drop down menu. Leave the default for "All DNA" in the Data Set menu.
- 6) In the lower right is a button to "Download Data." Click that button.
- 7) After a few seconds while it generates your data file, it will ask you where to save the data file on your computer. Pick a location (such as the desktop) that you will be able to easily access later. Then click OK to begin the download. (You will need the .zip version of the file for the next step. If your computer defaults to downloading a .txt file you will need to find the .zip file or compress it to a .zip file by right-clicking the file on a PC or two-finger clicking it on a Mac and choosing Compress "file name". Then upload the compressed file in the next steps.) Congratulations, you have now downloaded the data we need.
- 8) Go to [www.MTHFRSupport.com](https://www.MTHFRSupport.com). Click on My Account in the top tab bar. Register for an account by giving your email address and creating a password.
- 9) Once your account is created, hover over Sterling's App in the top tab bar and click "Order Reports". Click "Upload My Genome File" on the next page. When the window opens, find the .zip raw data file you downloaded from the previous steps and click "Open".
- 10) If you've uploaded the .zip file correctly, you will then select "Generate Report From Selected File". You will enter a checkout process through PayPal. (The cost with MTHFRSupport.com is currently \$30 for the report.)
- 11) Once checkout is completed, return to your MTHFRSupport.com account, hover over "Sterling's App" and select "View Reports" from the drop down menu. Click the "eyeball" icon to the right of your report. To the top right of the next page, click the PDF icon to download a PDF file, which you will save and email to me directly at [Contact@HealthECoaching.com](mailto:Contact@HealthECoaching.com) or fax to 877.839.9322.

\*\* if this all seems too complicated, email me your 23andMe login, password and security question and I will complete the steps for you.

