

Downloading/Uploading your DNA

Download

From Ancestry:

1. DNA homepage
2. Scroll down to “Test Management > Actions”
3. Click on Download
4. Enter Password
5. Click on “I understand . . . “
6. Click Confirm
7. You will receive email with further instructions
8. Select the “Confirm Data Download” link. Note: it only works once and will expire within seven day.
9. Click on the “Download DNA Raw Data” button
10. The zip file is created. Rename or move to the folder of your choice. Do not open the zip file. (Drag and drop)

From FamilyTree DNA (autosomal):

1. Hover over myDNA
2. Scroll down to FamilyFinder and over and down to “Download Raw Data”
3. Click on Download Raw Data. Select:
 - a. Build 36 Raw Data Concatenated for GEDMatch
 - b. Build 37 Raw Data Concatenated for MyHeritage
4. Save file with a name you will recognize. Do not open the zip file.

From 23 and Me:

1. To the right of your name, click on the ^
2. Scroll down and click "Browse Raw Data"
3. On the Your Raw Data screen, select download, either from the header or the text
4. Scroll down to "Request your raw data download"
5. Click on "I understand . . . "
6. Select "Submit request"
7. You will receive an email
8. Select "Download Raw Data" in the email
9. It will take you to a webpage. Select "Download raw data"
10. Save it. Click, drag, and drop the file in the folder of your choice. Do not open the zip file

Upload

GEDMatch

1. Log into GEDmatch. Copy and paste the link in your browser or Click on the link: <https://www.gedmatch.com>
2. Click on "Generic uploads (23andMe, FTDNA, AncestryDNA and most others)"
3. Fill in the form with as much information as you have
4. Click on the Browse button at the bottom of the page
5. Find the title of the raw data you just downloaded from Ancestry. Hint: look for the correct download date
6. Highlight the title then click on open at the bottom of the page where the title occurs. The title will now appear next to your GEDmatch browse button.
7. Click the upload button and wait until you see the word "Finish."¹

FamilyTreeDNA

1. Set up an account with FamilyTreeDNA at <https://www.familytreedna.com/>
2. You will see:

Transfer raw data and get your results!

Select your transfer type:

23andMe® / AncestryDNA™

MyHeritage™

How do I access my raw data files ?

Drag and drop here to upload file or [browse file](#)

SUBMIT

3. Drag the downloaded file to the designated box as shown above. When it is in the box, select submit.
4. You should receive a congratulations notice that your kit is uploaded and a temporary email will be sent shortly.

¹ Verogen, Inc., "Download/Upload DNA Help," *GEDmatch.com* (<https://www.gedmatch.com/Include/UploadHelp.php> : accessed 22 March 2020), 2020.

5. Select "Go To MYFTDNA" to sign the electronic release form. Select "Confirm and Proceed." Agree to the Terms of Service and Privacy Statement. Select "Confirm and Proceed."
6. Agree to the FamilyTreeDNA "Consent to Participate in Matching." Select "Complete and Proceed to Dashboard."
7. Complete "Account Information."
8. Change your temporary password to the password of your choice per the FTDNA instructions.
9. You have completed your upload. It will take a few days for your account to be fully available.