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## DNA INSTRUCTIONS

### In this order:

1. Go to [AncestryDNA.com](https://www.ancestrydna.com)
2. Set up an account and create a username and password.
3. Order the DNA kit for \$99 (not the health kit) by [clicking here](#).
4. You will receive a Kit in the mail.
5. Follow the instructions for submitting DNA.
6. Mail back your DNA sample.
7. Schedule your DNA Evaluation with Dr. Lori appointment at: <https://www.vagaro.com/drloripuskar/services>:
  - This appointment needs to be done **BEFORE** you get your results back.
8. Once you are notified that your results are in, go to AncestryDNA.com and login.
9. Click the DNA tab and select Your DNA Results Summary.
10. Click SETTINGS on the right side of the page.
11. Click DOWNLOAD RAW DNA DATA on the right side of the page.
12. Enter your password and click CONFIRM. This will trigger an email containing a link to confirm the download.
13. Open the email and click Confirm Data Download.
14. Click DOWNLOAD DNA RAW DATA.
15. The file will be downloaded to your computer.
16. Email this download file to [chat@drloripuskar.com](mailto:chat@drloripuskar.com)
17. Schedule Your DNA Report of Findings with Dr. Lori at: <https://www.vagaro.com/drloripuskar/services>