



Genetic Testing Protocol:

First – have the test kit sent and run by '23 and Me' (<https://www.23andme.com/>). This process can take 3-4 weeks.

Second - When the data is completed log on to the 23 and me site and chose "Download Raw Data" (upper right hand corner) – and save that to a file on your computer.

Third - when data is done go to this site MTHFRSUPPORT and run their full report "Sterling's App"
(<http://www.mthfrsupport.com/reports-consults/order-reports/>).

Fourth – When the above are done via MTHFRSUPPORT you will have to save the pdf file.

Fifth - e-mail that pdf file to us via the patient portal (as attachment) (Subject line "Test Results Attached") at least 4-5 days prior to the appointment.

If you feel that steps 2-5 are more than you want to manage, we can do this part for you for a fee of \$60 - \$30 is the charge from MTHFRSupport and \$30 is for our time