

3 ACCESSING YOUR RESULTS

GPID HERE

Your Genographic Project Participant ID

Your Genographic Project results will be ready approximately six to eight weeks from the time the lab receives your samples and consent form. To track your progress and access your results, go online to www.genographic.com and click on the Results tab. Enter your Genographic Project Participant ID, which is the ten-digit alphanumeric code located above and on the inside cover of your Geno 2.0 kit box.

You can receive project updates by registering at www.genographic.com. Registering also ensures you can access your results if you happen to lose your ID at any time.

Please note:

- Your results are only available online. They will not be mailed to you.
- Because women do not carry a Y chromosome, this test will not reveal direct paternal deep ancestry for female participants. Women will learn other information about their paternal side of the family, however. Each Geno 2.0 kit contains supplies for testing one individual.
- A copy of the Consent to DNA Testing Form can be accessed and printed online at www.genographic.com/consent

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GENO^{2.0}

Quick Start Guide & Consent Form

Get started on discovering your deep ancestry in three easy steps.

- 1 Collect DNA samples from your cheeks with the enclosed swabs.** Don't worry, it's painless...
- 2 Review the checklist,** then read and complete the consent form and mail it along with your cheek-swab samples in the envelope provided.
- 3 Track your results analysis** and receive project updates by registering online at www.genographic.com

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When you are online, we also will offer you an opportunity to complete a profile and register your Participant ID. If you choose to complete a profile and register, your personally identifiable information will be linked to your Participant ID, and your genetic information in our database will no longer be anonymous to National Geographic.

If you have any questions concerning the project, your rights, or the procedures involved, please visit www.genographic.com

BY MARKING BELOW AND RETURNING THIS FORM WITH YOUR OR YOUR MINOR CHILD'S DNA SAMPLES, YOU ARE CONSENTING TO THE GENETIC ANALYSIS OF THE SAMPLES. Do not provide any other information on this form. Please refer to our website for more information on the testing process. A copy of this Consent to DNA Testing Form can be accessed and printed online at www.genographic.com/consent

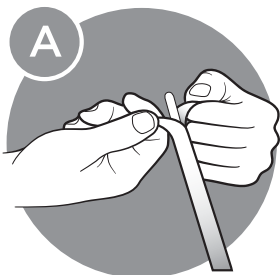
MY DNA SAMPLES	<input type="radio"/> I am male, I have read both sides of the consent form, and I hereby consent to the testing of my DNA. <input type="radio"/> I am female, I have read both sides of the consent form, and I hereby consent to the testing of my DNA.
MY MINOR CHILD'S DNA SAMPLES	<input type="radio"/> My child is male, I have read both sides of the consent form, and I hereby consent to the testing of his DNA. <input type="radio"/> My child is female, I have read both sides of the consent form, and I hereby consent to the testing of her DNA.

DETACH HERE.

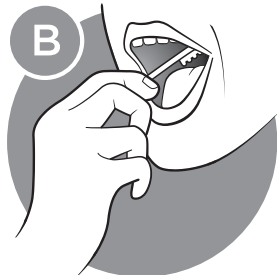
PLEASE DETACH AND RETURN THIS COMPLETED FORM WITH YOUR CHEEK-SWAB SAMPLES.

1 DETAILED CHEEK-SWABBING INSTRUCTIONS

IMPORTANT: Do NOT drink, eat, chew gum, or smoke for at least an hour before taking your samples. Please read all of the instructions before you begin.



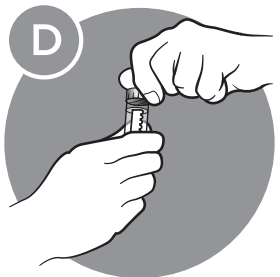
With clean hands, carefully open the plastic wrapper of one of the cheek swabs.



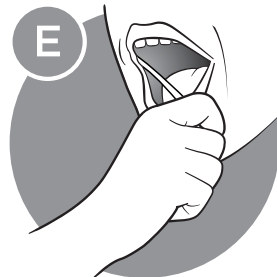
Using one cheek swab, scrape vigorously inside one of your cheeks many times for 45 seconds.



Eject the swab tip into one of the small vials by pushing on the plunger at the top of the applicator stick.



Close the cap of the vial, leaving the swab tip inside. The vial must be shut tightly to ensure the quality of your sample.



Repeat steps A through D with the other cheek using the second cheek swab and the second vial.



Place both vials inside the small plastic bag, and place the bag, along with your completed consent form, into the preaddressed envelope provided.

Please refer to the checklist on the right before sealing and mailing your envelope to the Genographic Project.

2 CHECKLIST

Before you mail your cheek-swab samples and consent form, please make sure you...

- Place the two vials with your samples inside the provided plastic bag prior to mailing. To prevent leakage, ensure the vial caps are tightly sealed.
- Mark the type of sample on the back side of the consent form. Place the completed consent form and the plastic bag with the vials containing your samples in the return envelope provided. You may review an electronic copy of the consent form at any time online at www.genographic.com/consent
- Be sure to affix **PROPER POSTAGE** for a 1-ounce First-class mail package. Mailing within the U.S. will **require AT LEAST five stamps**; please check current rates at www.usps.com. Note: This is considered a "Package," not a "Large Envelope" or "Letter."

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CONSENT TO DNA TESTING FORM

READ BEFORE AGREEING TO PROVIDE DNA SAMPLES. You must mark the type of samples you are submitting on the back side of this consent form.

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YOU MUST RETURN THIS CONSENT FORM WITH YOUR DNA SAMPLES. WE WILL BE UNABLE TO ANALYZE YOUR DNA SAMPLES IF THIS FORM IS NOT RETURNED.

Please read this consent form carefully for important information about the genetic tests that will be performed. Parental or guardian consent is required for participation of a child under age 18 in accordance with local law.

This test will reveal genetic aspects of your deep ancestry. **THE GENETIC TESTS THAT WILL BE PERFORMED DO NOT TELL NATIONAL GEOGRAPHIC ANYTHING ABOUT YOUR HEALTH OR ABOUT ANY HEALTH PROBLEMS YOU (OR YOUR FAMILY) MAY HAVE.** You will be able to learn which different geographic regions around the world your ancestors migrated through. You will also learn about your relationship to different human populations around the world, and to extinct hominids such as Neanderthals and Denisovans.

National Geographic does not retain or link any of your personally identifiable information to this Geno 2.0 DNA test kit or the DNA sample you send to us. You will use the Genographic Project Participant ID assigned to your kit and samples to access your results online, but it is confidential and anonymous to National Geographic.

When you access your results on the website, you will be given the opportunity to participate in a major global effort to collect population genetic data from hundreds of thousands of individuals from around the world. **IF YOU AGREE TO PARTICIPATE, THE GENETIC DATA FROM YOUR TEST AND THE ANSWERS YOU PROVIDE TO OUR QUESTIONS, INCLUDING SOME PERSONAL INFORMATION SUCH AS YOUR ZIP CODE, WILL BE INCLUDED IN OUR DATABASE OF GLOBAL GENETIC INFORMATION AND LINKED TO YOUR PARTICIPANT ID.** Participation in the global database is your choice and is not necessary in order to access your individual test results.

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