23andMe Instructions

To obtain 23andMe's complete edition product (which includes both health and ancestry information) go to www.23andme.com/store/, add the complete edition to your cart, and enter the unique promotional code that will be distributed to all eligible students during Wednesday's class. This code will allow you to purchase the kit for $99 from 23andMe.

If you want to take advantage of this offer, the product must be purchased no later than **8am on July 1st**. No exceptions.

Once you have purchased the kit, come to **CCSR Room 4105** on **Thursday, July 1st between 1-4pm** to pick up the 23andMe spit kit and submit your saliva sample. A 23andMe representative will be there to walk you through the process and answer any questions you may have. **Please note when you come to pick up your spit kit, it is important that you have not eaten, drank or chewed gum in the last 30 minutes. This can degrade the sample quality.

Once your results are ready, they will be uploaded to an online account you will create at the time you submit your saliva sample. This account will be password protected and will only be accessible by you.

If you choose not to purchase a kit, 23andMe also offers a demo account where you can explore sample data. To sign up for a demo account go to: https://www.23andme.com/user/signup/

Genetic Counseling

23andMe offer's genetic counseling by board-certified genetic counselors through its partnership with Informed Medical Decisions (http://23andme.informeddna.com/), an independent genetic counseling service provider. Stanford and 23andMe will cover the fees listed for genetic counseling services for Stanford students participating in GENE210.

Additional Counseling

After receiving genetic counseling, if you are concerned or experiencing anxiety over your test results, Dr. Alan Schatzberg, Professor and Chair of Psychiatry, and his colleagues are available to meet with students in a private and confidential setting. They can help with results related to psychiatric disorders, or with anxiety over test results in general, and can help arrange any appropriate medical referrals. Dr. Schatzberg can be reached at afschatz@stanford.edu. Please note this resource should not be used in lieu of genetic counseling; Dr. Schatzberg and his colleagues have made themselves available for students post-genetic counseling.