Contact us

ジェネシスヘルスケア遺伝学検査室

0120-863-438

Weekdays 10:00~13:00 14:00~17:00
(except weekends and holidays)

infogene@genelife.jp

GeneLife

https://genelife.jp

ジーンライフ

遺伝子検査キットのパイオニア

ジェネシスヘルスケア株式会社

261001-ENG

GeneLife

User Guide Result Reporting through Web/App

Please view the page corresponding to the kit you have.



※Kits with the Above Logo Attached

Genesis2.0 Plus
Myself2.0
Haplo3.0
Genesis CONNECT
Haplo CONNECT

..... p2



DIET
SKIN
METABO
SPORTS

..... p8

What's included?

A User Guide

B List of Inspection Items or Guidebook

C Kit ID and Security Code

D Consent Form

E Terms and Conditions

F Return Envelope

G Collection Tube

Testing process

STEP 1 Register online — p 3

STEP 2 Fill in consent form — p 4

STEP 3 Collect sample — p 4

STEP 4 Submit sample — p 6

STEP 5 View test results — p 7

STEP 1 Register online

Items Required: **C** Kit ID and Security Code

① Go to the GeneLife website **https://id.genelife.jp/login**

② Please click [新規登録]

③ Follow the instructions on the screen to register the email address, password and information of the test applicant.

④ You will receive a verification code on the email address you registered in ③. Please enter the verification code on the screen to authenticate.

⑤ Use the email address and password you registered in ③ to log in.

⑥ From My Page, select ' 新たに検査 ID 登録をする ' and enter the Kit ID and security code which you have received to complete the registration process.

What is a Kit ID?

Kit ID's consist of two to three alphanumeric characters plus eight numeric characters found on the bottom of the sticker attached to the back of the collection kit or package.This ID is for us to manage your kits. You will need to register your Kit ID in order to view your test results.



STEP 2 Fill in Consent Form

Items Required

D Consent Form

E Terms and Conditions



1 . **Please read and fill in the D Consent Form. If you need a copy, please make a photocopy.**

Please fill in all sections

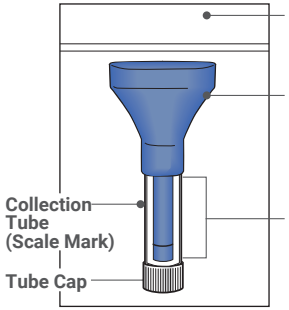
※If the Consent Form is incomplete, we will not be able to proceed with the test. In this case, we may also contact you.

STEP 3 Collect sample

What you will need

G Collection Tube





Resealable bag

Please don't throw away the resealable bag as it will be used to return your sample back to us.

Funnel

Avoid unscrewing funnel before saliva collection.

Preservation solution tube

The tube contains preservation solution for sterilization and storage of the saliva sample.

Purpose of the kit

This kit is used for safe and easy collection of saliva samples. Do not use it for other purposes.

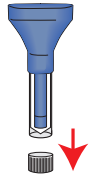
Storage

Store the kit away from direct sunlight or high temperature and keep away from moisture.

● **The preservation liquid inside the collection tube is not for consumption.** ● To prevent a fire hazard, please do not handle or store the kit near heat or fire. ● If the liquid gets in contact with your eyes, rinse with water immediately. If uncomfortable symptoms persist, please consult a doctor immediately. The preservation liquid may cause clothes discoloration. ● Keep out of reach of children and pets.

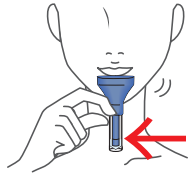
Do not eat or drink anything (water is allowed) 1 hour before saliva collection. Avoid brushing your teeth or smoking.

Any food, drinks, or chemicals left in the mouth may affect the test.



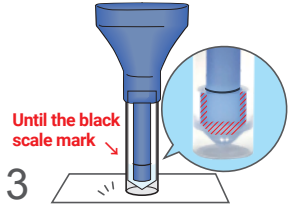
1

Remove the tube cap from the bottom of the saliva collection kit.



2

Place your mouth close to the funnel and dispense saliva. Repeat this procedure until the saliva reaches the black scale mark.



3

Keep the tube upright, and knock the bottom of the tube gently, to ensure the saliva flows to the bottom.



4

Hold the collection tube upright to avoid spilling your saliva sample, and screw off the funnel carefully. The solution inside the tube will flow into the collection tube, mixing with your saliva sample.



5

Close the tube tightly using the tube cap .

※The side with a concave center is the bottom.



6

Mix the saliva and the solution by shaking the tube 5-6 times.

Please return the samples as soon as possible after collection.

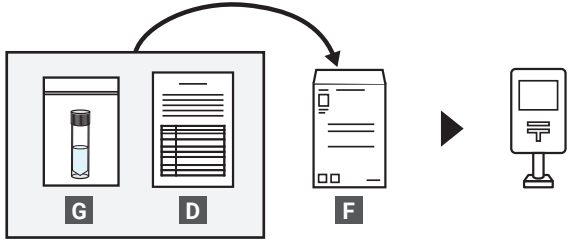
If you are unable to return it by the end of the day, please store it in a cool, dark place.

STEP 4 Submit Sample

Items Required

D Consent Form
F Return Envelope
G Collection Tube





1. Place the **G** Collection Tube in the resealable bag and seal tightly.

2. Place the resealable bag containing the **G** Collection Tube and the **D** Consent Form in the **F** Return Envelope provided and ensure it is sealed securely.

3. Drop the envelope into your nearest post box or at the post office. Shipping is free.

STEP 5 View test results

Items Required

STEP 1 **Registered email and password**

1. An email notification will be sent to the registered email once the results are ready.

※Results are available One month after the test sample arrives to our testing lab.

※Please set your anti-spam settings so that you can receive emails from the "**@genelife.jp**" domain.

For those that have purchased
Genesis2.0 Plus（Does not include GenesisCONNECT）/Myself2.0

2. Please login to 'My Page' section on the **https://id.genelife.jp/login**

For those that have purchased Haplo3.0/Genesis CONNECT/ Haplo CONNECT

2. For those that have purchased Genesis CONNECT/Haplo3.0/Haplo CONNECT, results can only be viewed with the GeneLife3.0 app. Please download the app from the following QR code. Please log in to the app using the email address and password you registered with.

App Store からダウンロード
Google Play で手に入れよう

What's included?

A User Guide

B Survey
※Only for Diet test users

C Kit ID and Security Code

D Consent Form

E Terms and Conditions

F Medical Devices Information

G Return Envelope

H Collection Tube

Testing process

STEP 1 Register online
p9

STEP 2 Fill in consent form
p9

STEP 3 Collect sample
p10

STEP 4 Submit sample
p11

STEP 5 View test results
p11

STEP 1 Register online

Items Required: **C** Kit ID and Security Code

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④ You will receive a verification code on the email address you registered in ③. Please enter the verification code on the screen to authenticate.

⑤ Use the email address and password you registered in ③ to log in.

⑥ From My Page, select ' 新たに検査 ID 登録をする ' and enter the Kit ID and security code which you have received to complete the registration process.

What is a Kit ID?

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STEP 2 Fill in Consent Form

Items Required: **D** Consent Form, **E** Terms and Conditions

1 . **Please read and fill in the D Consent Form. If you need a copy, please make a photocopy.**

Please fill in all sections.
※If the form is incomplete, we will not be able to proceed with the test. In this case, we may also contact you.

STEP 3 Collect sample

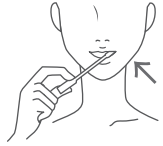
Items Required: **H** Collection Tube

Purpose of use: The oral swab is intended to be collected as a test sample for genetic testing. Do not use for any other purpose.
Storage: Store at room temperature 15 to 30°C, away from direct sunlight and high temperature/humidity.

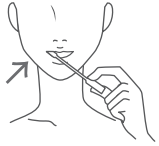
Do not eat or drink anything (water is allowed) 1 hour before saliva collection. Avoid brushing your teeth or smoking.
Any food, drinks, or chemicals left in the mouth may affect the test.



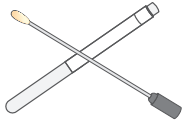
1 Rinse your mouth with water.



2 Place the swab tip in your mouth and rub the side of your inner cheek about 10 times.



3 Do the same for the other cheek.



4 Leave the swab tip at room temperature for about 10 minutes to dry.
※Do not allow the tip to touch any other object while drying.

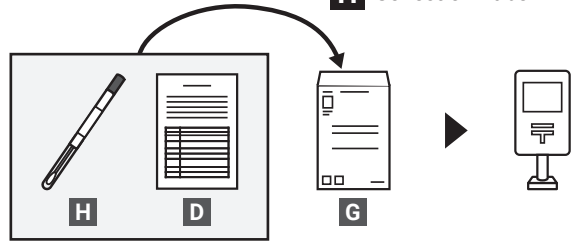


5 Put the swab tip back in the collection tube and close the cap tightly.

Please return the samples as soon as possible after collection.
If you are unable to return it by the end of the day, please store it in a cool, dark place.

STEP 4 Submit Sample

Items Required: **D** Consent Form, **G** Return Envelope, **H** Collection Tube



1. Place the resealable bag containing the **H** Collection Tube and the **D** Consent Form in the **G** Return Envelope provided and ensure it is sealed securely.
※If you are using the DIET test, please complete the survey and return it to us.

2. Drop the envelope into your nearest post box or at the post office. Shipping is free.

STEP 5 View test results

Items Required: STEP 1 **Registered email and password**

1. An email notification will be sent to the registered email once the results are ready.
※Results are available 3-5 business days after the test sample arrives to our testing lab.
※Please set your anti-spam settings so that you can receive emails from the "**@genelife.jp**" domain.

2. Please login to 'My Page' section on the **https://id.genelife.jp/login**