InsideTracker

Order InsideTracker's DIY Plan, Step by Step Instruction Sheet

1. Visit our Plans Page and scroll down to DIY (second option from the bottom). Select **"Order Now" on the DIY option**.

2. **Create your InsideTracker account** by entering your basic contact information. If you already have an account, select "Already have an account" to log in. Select "Get Started."

3. If you would like to **add on InnerAge or DNA products**, you can add them to your cart. (These are not included with the promotion and will have to be paid for separately).

Select a product   DIY Advanced ▾

This plan includes:
12 Month profile and test data upload for $119

Add InnerAge 2.0

The new InnerAge 2.0 has also been designed with flexibility in mind allowing you to add it on to a variety of existing InsideTracker blood tests.

Please note that there is a minimum number of biomarkers required for InnerAge 2.0. The more biomarkers you have the higher your InnerAge score. See minimum biomarkers here

☐ Add InnerAge 2.0 for $99

Add DNA insights

Learn how your genes could impact your wellness goals. Get your DNA tested with InsideTracker. Or, provide your DNA results from 23andMe or Ancestry.

☐ Add DNA insights

4. **Enter your discount code code** at the bottom of the page. Select "Apply" and then "Make Payment."

Order as a gift for someone else
☐ Add digital gift card

Discount code / gift card   Enter code here   Apply

Make payment

5. Select **complete purchase** and redeem for $0 (Unless you've added other Add-ons to your cart).

Payment

Your order

DIY Advanced

DIY Advanced, 12 month profile and test data upload	$119.00
Subtotal	$119.00
Discount	$119.00
Total	**$0.00**

Edit my order in the previous step

Complete purchase

6. **Finish setting up your account by entering more basic information and agreeing to our policies.** This information is important to enter correctly, as it is used to establish your blood biomarker optimal ranges and contribute to your recommendations' personalization.

Thank you! Your payment has been accepted.
You will receive an email with your receipt.

Set up your InsideTracker account

We need all the basics to get you started on the InsideTracker platform. Your password must be a minimum of 8 characters, and must contain at least one number.

Personal information

* Gender
Female   Male

* Date of birth
DD / MM / YYYY

* Ethnicity
Please select

* How should we display units?
lbs, ft/in   kgs, cm/m

* Body weight
Weight   lbs

* Height
0   ft   0   in

Security & privacy

* Password
Password

* Confirm password
Confirm password

* Security question
Please select

* Security answer
Security answer

Contact details

* Country
United States

* Street address
Address line 1

Address line 2

* City
City

* State
Please select

* ZIP code
ZIP code

* Phone number
+1 (___) ___-____

☐ I have read and agree to the Privacy Policy, Product Consent and Terms of Service.

Create account

7. **Personalize your experience**. Add information about your current diet, supplement regimen, exercise, and lifestyle habits. This information powers the recommendations you will see on the platform.
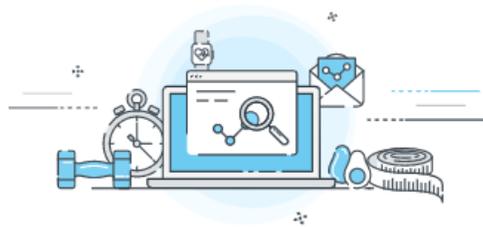
Personalize your experience

Now, let's customize your account. The next 4 steps should take about 10 minutes. Your answers are important, because along with your blood data, they're what power your ultra-personalized recommendations.

①	②	③	④
Food & beverage	Supplements	Exercise	Lifestyle

Customize account

Skip personalization

8. Once the onboarding questionnaire is completed you can **upload your results** by clicking the "Upload Now" button.

Congratulations!

You're on your way to improving your performance and unlocking your best self!

To create your personalized recommendations, we'll just need your blood test data. Ready to start?

Go to dashboard   Upload now

9. Select **"Upload now"** to upload your blood results files. You can select "select files" to select a file. You can also click on **"enter them manually here"** to manually upload your blood results.

Share your blood test results

In order to create your recommendations, we need your recent test results.

If you have a printed copy, you can scan and upload as a PDF file or take a clear photo of the page and upload the JPG file (make sure it has the test date on). You will have your results back in 5-7 business days. Or, if you want your results sooner, you can enter them manually here.

Here's what will happen:

1
Upload data
Please make sure your file is easy to read and has a date on it.

2
Process your data
Our automated system will extract your results, and then we'll perform a secure quality check to make sure everything is accurate.

3
Deliver personalized recommendations
Based on your test results and the answers to your lifestyle survey, our AI-powered system will deliver the most effective, personalized recommendations.

Drag and drop file here or select files from your drive.

Files must be PDF or JPG, maximum size 50 MB.

Skip for now   Submit

10. Click here for a full list of compatible markers.

11. Our lab technician will review and upload your blood work to your InsideTracker account. It will be ready for your review in 3-5 business days.

Check out this screen share video for a step-by-step guide to uploading your results.