

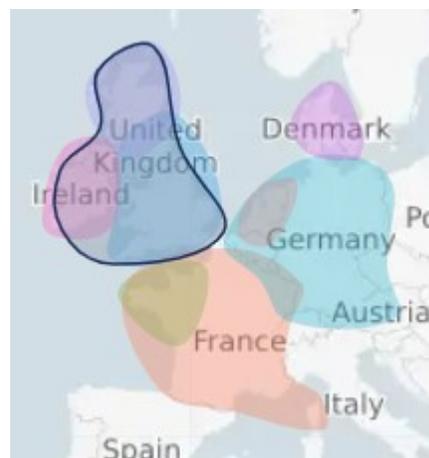
# How to Use MyHeritage DNA to Get the Most Out of Your DNA Test Results, Even If You've Already Tested Elsewhere

By Rick Crume

## Ethnicity Estimate

### EUROPE

● English	30.5%
● Scottish and Welsh	30.5%
● Breton	10.6%
● Dutch	8.8%
● Danish	6.2%
● Germanic	5.5%
● Irish	4.5%
● French	3.4%



- In early 2025, the number of ethnicities identified by MyHeritage rose from 42 to 79.
- So, for example, if your estimate showed Scandinavian ethnicity before, now it might show Danish, Norwegian or Swedish.

## Genetic Groups

- A further breakdown shows how your DNA fits any of 2,144 distinct groups (geographic regions).
- The reports are especially strong in pinpointing specific areas in Europe and the Middle East.

### GENETIC GROUPS ⓘ

- Northeastern and Midwestern USA #9
- Northeastern and Midwestern USA and Canada (Ontario) #2
- UK and Ireland
- USA (New England) and Eastern Canada
- Northeastern and Midwestern USA #6

# Ancient Origins

- Introduced in early 2025, Ancient Origins complements your MyHeritage DNA ethnicity reports.
- Ancient Origins shows your origins up to 10,000 years into the past.
- It compares your DNA to ancient DNA samples uncovered in archeological excavations.
- It requires a Complete or Omni subscription.

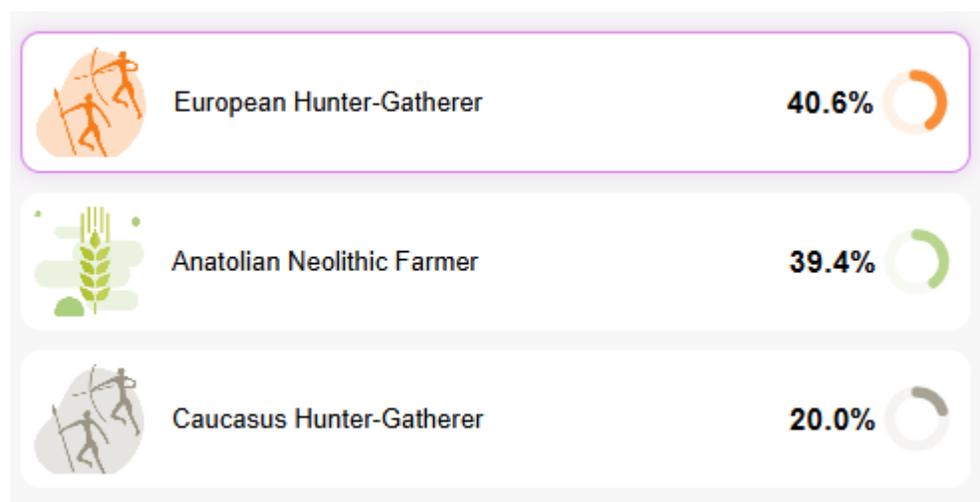
## Ancient Origins Breakdown

The Ancient Origins report shows a percentage breakdown of the ancient populations from which you descend in different historical eras.



## Hunter-Gatherer and Farmer Breakdown

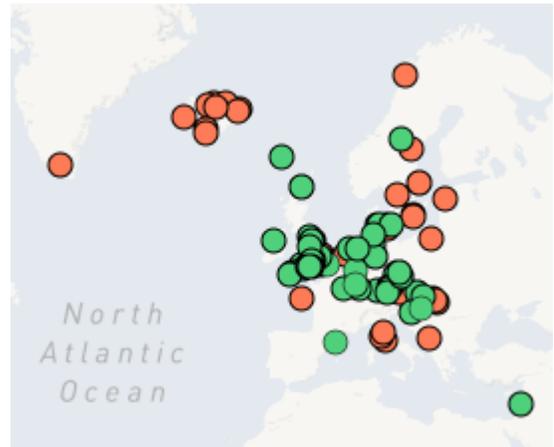
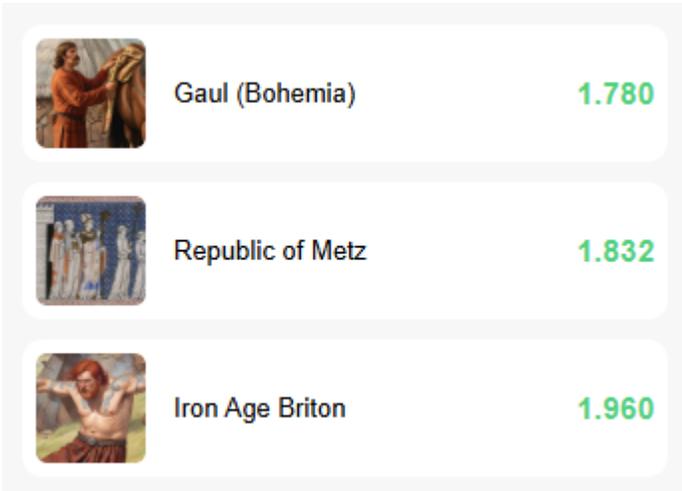
See how much of your DNA descends from ancient hunter-gatherer and farmer populations.



# Ancient Origins

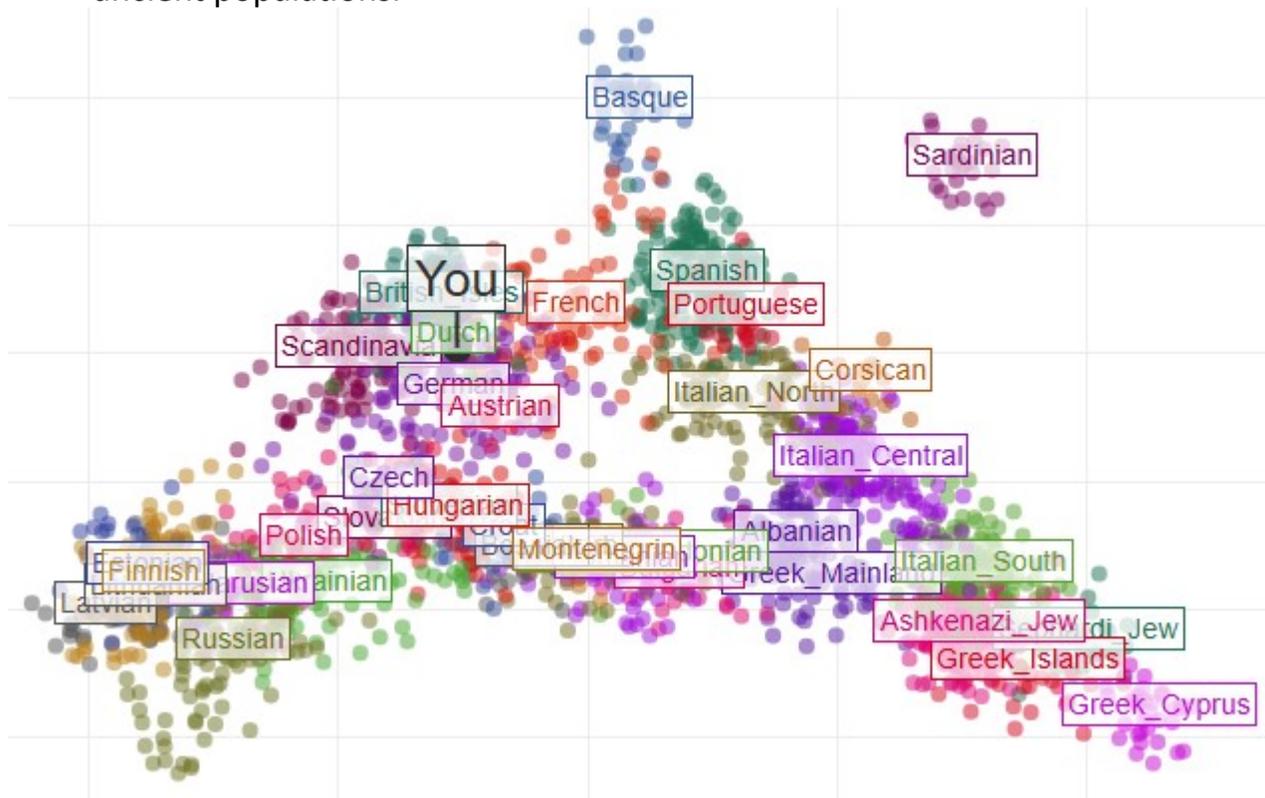
## Genetic Similarities

The Genetic Fit score indicates how closely your DNA matches the 50 ancient populations that are genetically most similar to you.



## Genetic Distance Map

The Genetic Distance Map shows your genetic proximity to different ancient populations.



# DNA Matches

1

Jane Doe  
Age: 80's  
DNA managed by gary

2 [Contact gary](#)

3 Estimated relationship **Parent's 2nd\_cousin**

4 DNA Match quality

Shared DNA: 1.4% (97.6 cM)  
Shared segments: 4  
Largest segment: 51.7 cM

Appears in a family tree with 2,206 people, managed by gary from USA

Jane Doe is your 3rd cousin according to the Theory of Family Relativity™. [View theory](#)

Ancestral surnames common to you and Jane Doe include [Olmsted](#); [Betts](#); [McMorris](#) and 9 more.

Your family tree has 108 Smart Matches™ with this tree. [View Smart Matches](#)

Ancestral places common to you and Jane Doe include [Ohio, USA](#); [Pennsylvania, USA](#) and 8 more.

5 [Review DNA Match](#)

6 [View tree](#)

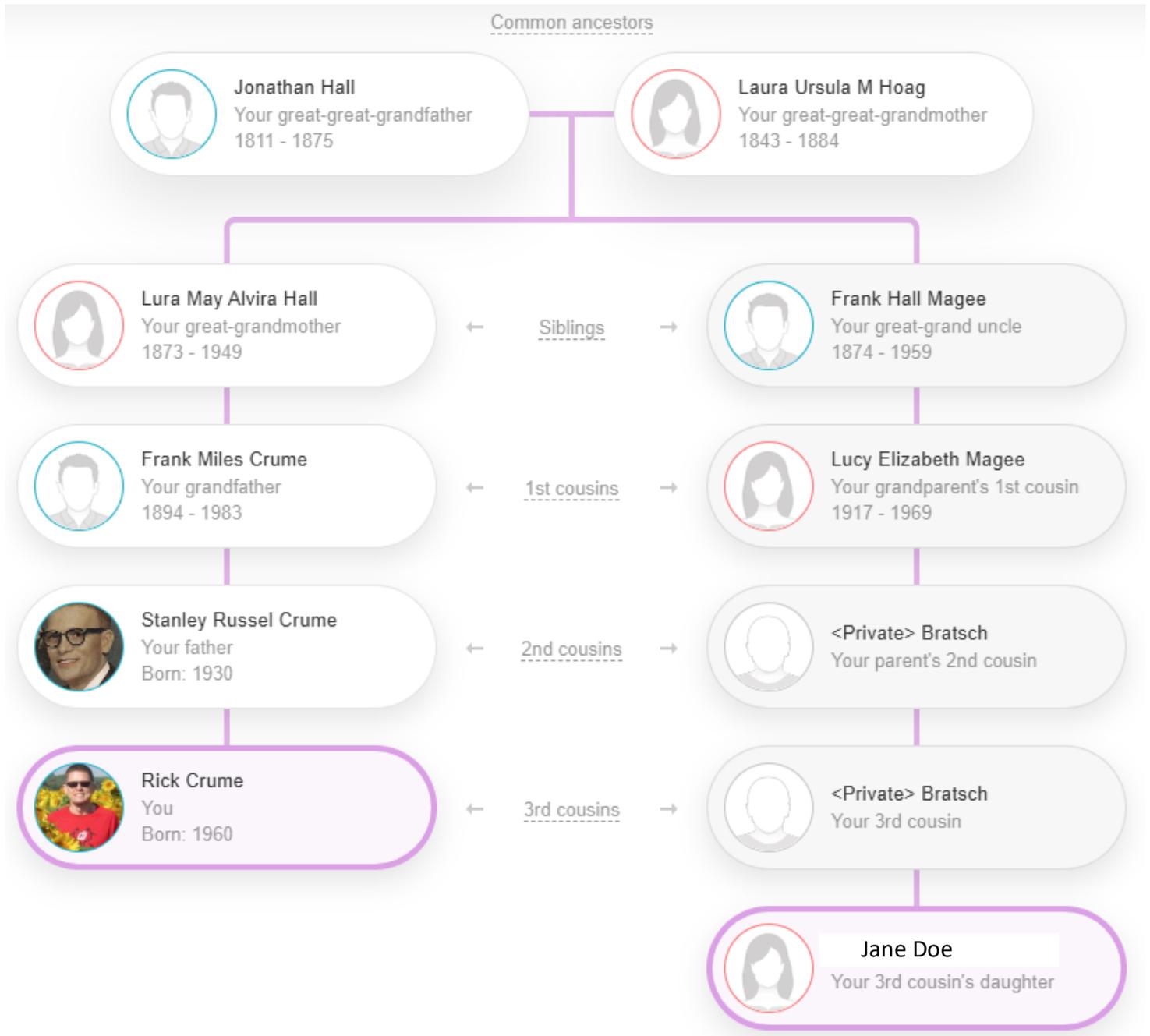
7 Filters Sort by

## Reviewing Your DNA Match

1. Click the bottom icon on the left to add **notes**, such as how you are related to the match and if you have contacted the person.
2. Click **Contact** to send a message to your match for free, even if you uploaded your DNA data from another service or you don't have a paid MyHeritage subscription.
3. The **estimated relationship** is based on how much DNA you share with the match. Click on the estimate to see other ways you might be related.
4. **DNA Match quality** shows three values that suggest how closely you and your match are related.
5. Click "**Review DNA Match**" to see surnames, DNA matches and places that you share with the match. You can also use the chromosome browser to see your shared DNA segments and Theories of Relativity.
6. If your match has a family tree on MyHeritage, you can view it.
7. You can **filter**, **sort** and **search** your matches by various criteria.

# DNA Matches

## Theory of Relativity



Based on the amount of shared DNA and your family trees, "Theories of Relativity" suggest how you might be related to your DNA matches. You can view and either confirm or reject them in the DNA match review screen.

# DNA Matches

## Chromosome Browser

### Chromosome Browser – Shared DNA Segments

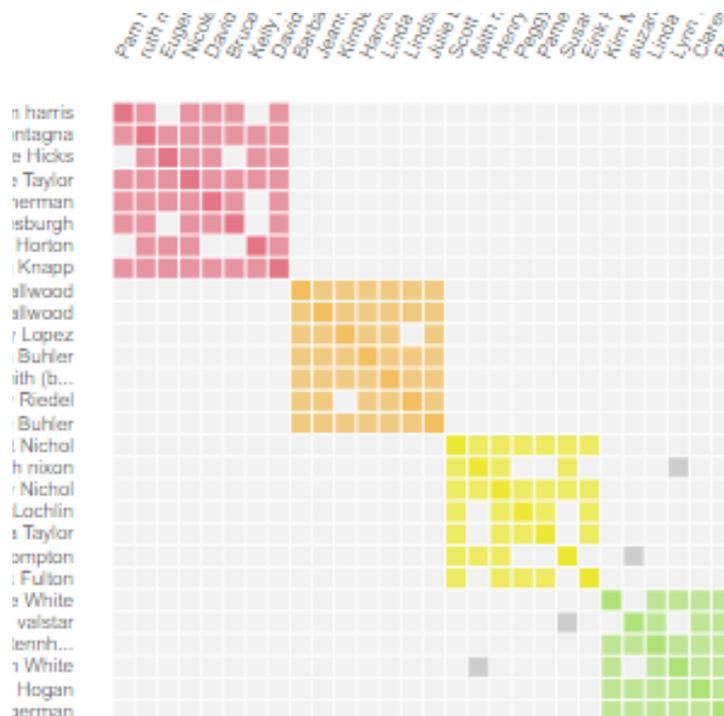
Clarissa Gracie and you share 4 DNA segments.



- MyHeritage offers a detailed browser that lets you visually compare segments of DNA you share with matches.
- While 23andMe previously offered a chromosome browser, it's no longer available, and AncestryDNA does not have one either.

## AutoClusters

**AutoClusters** organizes your DNA matches into clusters that match each other and you. That can help you identify a common ancestor. To generate AutoClusters, hover your mouse cursor over the DNA tab and select DNA Tools. Under AutoClusters, click on Explore. Then click the Generate button. The report will be e-mailed to you, usually within a few minutes.



# How to copy your shared DNA segments from MyHeritage DNA to DNA Painter

By creating a chromosome map on DNA Painter <https://dnainter.com>, you can see which branches of your family you inherited the most DNA from. DNA Painter also has various tools to help you figure out how you are related to a DNA match.

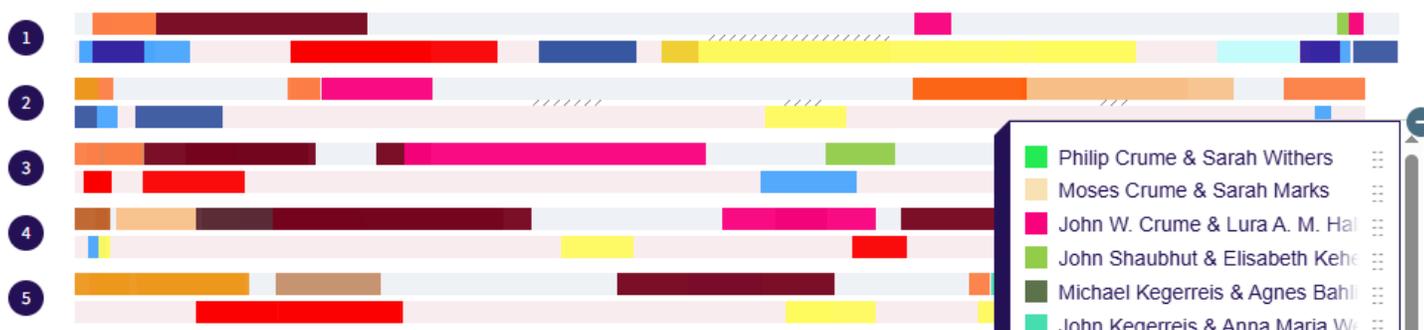
To map your chromosomes with DNA Painter, you need to get your shared DNA information from a company where you tested. Here's how to do it with MyHeritage. (23andMe discontinued its public chromosome browser for comparing DNA matches, and AncestryDNA has never offered a chromosome browser at all.)

## Download Your Shared DNA Segments from MyHeritage

1. Hover your mouse over DNA and select DNA Matches.
2. To the right of a match, click on "Review DNA Match."
3. Scroll down to "Chromosome Browser—Shared DNA Segments."
4. On the right, click on "Advanced options" and then on "Download shared DNA info."
5. Open your Downloads folder and open the file that you just downloaded. The file extension is csv.
6. The file will open in a spreadsheet program, such as Excel.
7. Hold down Ctrl and press the A key to select everything in the spreadsheet. Hold down Ctrl and press the C key to copy the selection.

## Paint Your DNA Match in DNA Painter

1. Click on Dashboard and select a chromosome map.
2. Click on "Paint a New Match."
3. Click in the box and hold down Ctrl and press the V key to paste the segment data.
4. Click "Preview These Segments."
5. If it looks good, click "Save these segments to your map."
6. In the Save Match window, select either "I know how I'm connected to this match" or "I don't yet know how I'm connected to this match."
7. If you know the connection, fill in the name of your DNA match. Enter the name of your common ancestor or select an ancestor you've already added.
8. Indicate if the match is on your mother's side or your father's.
9. Select a color and click on "Save Match."



# Upload DNA Results to MyHeritage



- You can upload your DNA results from another service, such as 23andMe and AncestryDNA.
- Go to MyHeritage.com, hover your mouse over the DNA tab and select Upload DNA Data.
- You'll get free access to your DNA matches and you can contact them.
- You might get more international matches with MyHeritage than with other DNA testing services. MyHeritage has many users in Western Europe, parts of Eastern Europe and Israel.
- To get the Ethnicity Estimate and the chromosome browser, you either need to pay \$29 or have a paid MyHeritage subscription.

**Rick Crume** specializes in online research, genealogy software, DNA testing and British genealogy. Look for his new website coming soon at <[www.INSideGenealogy.com](http://www.INSideGenealogy.com)>.

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