

Instructions for Video Sharing

STEP #1: HOW TO GET THE VIDEO FROM A PHONE TO THE COMPUTER

1. Plug your phone into the USB port of your computer.
2. A message should pop up on the screen asking you to sync your phone, click yes. If no message pops up, it should begin to sync automatically.
3. Once the photos are synched, drag the video file from the folder to your computer's desktop.

STEP #2: GETTING YOUR VIDEO TO CONSUMER VOICE

Option 1: Mail a CD or USB Drive

1. Plug the USB into your computer or insert the CD.
2. Click on the "File Explorer" icon (if it is a PC) or the "Finder" icon (if it is a Mac).
3. Locate the CD or USB's folder. It will most likely be on the left side and will either say USB or CD.
4. Once you locate the folder click on it, and drag the video file from your desktop to the folder.
5. The video will begin to sync to the folder.
6. Right click the folder and select "Eject" to safely eject your USB.
7. Package the USB and mail it to the following address:
National Consumer Voice for Quality Long-Term Care
1001 Connecticut Ave, NW
Suite 632
Washington, D.C. 20036

Option 2: Upload to Free Video File Sharing Website (No Account Required)

1. Go to <https://wettransfer.com/>.
2. Click the blue button that says, "I agree" in the white box.
3. Click the blue plus sign next to "Add your files."
4. Where it says "Email to" type info@theconsumervice.org and enter your email below.
5. Include a message with any additional information about the video you would like to share.

Option 3: Upload Video to YouTube or Share via DropBox

1. If you have a Youtube or Dropbox account, upload the video.
2. Copy the link to the video and email it to info@theconsumervice.org.