Filming Instructions & Tips:

> **IMPORTANT:**
> - **DO NOT state your last name, the full name of others involved with your story, or your transplant center.**
> - **Please sit in front of a neutral background with no advertisements or marketing** information to keep the focus on you and your words.
> - **Make sure you are not backlit.** This often happens if sitting with a window directly behind you.

1. **What to wear**
   a. Put on your favorite top and wear pajama bottoms if you want, viewers will only be able to see your torso. What's most important for this video is that you are comfortable.
2. **Light is key**
   a. Your light source should come from in from in front of you or from the side, not behind.
   b. More lighting is almost always better.
3. **Position of camera**
   a. Depending on which device you use to record (e.g., smart phone, laptop, tablet) you will need to position the device so that the webcam captures your face in a flattering way. Simple backgrounds are best so as not to distract the viewer from the main focus: you. People like to film at their kitchen tables, on their couches or their home-offices.
   b. It's important to film in a place and in a position that makes you feel comfortable.
4. **Sound**
   a. When recording make sure you are the only one in the room. This will help to optimize your audio. Speak clearly, loudly and annunciate.
5. **Using the Space Bar**
   a. Always look where your webcam is/recording from. Look directly into the camera while filming. When you want to start recording, hit the space bar. When you want to stop recording, hit the space bar. It's that easy! Try to avoid looking down when hitting the space bar. Remember, keep your eyes on the prize. In this case, that would be the camera.
6. **Using the Prompts**
   a. It's helpful for us if you use the full prompt sentences to begin each section so that we can review videos for HIPAA compliance and ethical concerns as well as tag videos for viewers who may want to find stories like yours.
7. **Have fun!**
   a. This is your unique story so have fun telling it!