

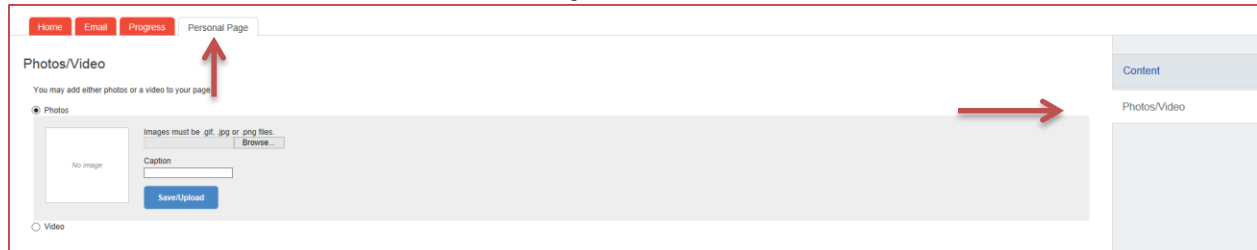
Adding photos and videos

- Please be sure your photo is saved as a JPG, GIF or PNG file type.
- Files must be smaller than 4 megabytes.
- Only YouTube video links are supported.
- You can choose either a photo or a video link, but not both.

STEP - 1 login to your Participant Center

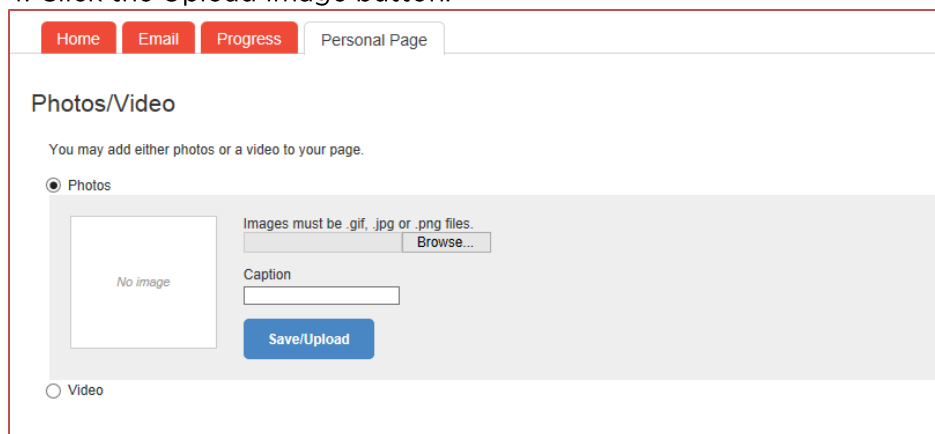
STEP - 2 click “Personal Page”

STEP - 3 click on “Photos/Video” on the right hand side under “Content.”



For a PHOTO

1. Click the button next to Photo.
2. Click the Browse button.
3. Locate and select the file on your local computer or shared network resource
4. Click the Upload Image button.



How to Change the Photo If You Do Not Want It

1. Click the Remove Photo button in the Photo area.
2. Click the Browse button.
3. Locate and select the file on your local computer or shared network resource
4. Click the Upload a different image button.
5. Click into the Caption field and enter a phrase or sentence to display underneath the photo.
6. Click “Save/Upload” to save your changes to your photo and caption

