

How To

Record Your PHA Self Video

Before You Record

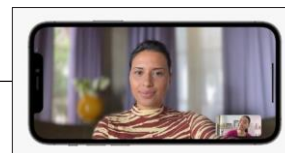
Take a moment and gather your thoughts. This is meant to be fun, sharing, and personal; relax!
We're all human with unique stories to share.

We're looking for personal thoughts on why PHA is important to you and how it adds value to your work/life. Discuss specific ways PHA has supported or impacted your professional life or the lives of those you serve. Speak from the heart about what PHA means to you and the difference it has made.

Please keep recordings to 30 sec to 1 min per clip. Brief is good! *You can submit as many takes as you'd like!*

Recording With a Cell Phone

1. Place the phone at **eye level**.
 - Make sure the phone is sturdy & stationary, prop it up on a few books or on top of a box that you can place on your desk. (*NO walking and talking!)
2. Please have the **camera sideways or horizontally** (*We cannot use vertical video*).
3. Please make sure your **video camera settings** are correct, please record 4K video.
 - **iPhone:** go to Settings > Camera > Record Video > (select 4K at 30 fps)
 - **Android:** While in video mode, swipe down from the top of the screen to open settings, change resolution to 4K
4. Ideally, select a **neutral background** behind you.
 - For example, have a blank wall with a plant in the corner behind you.
 - Sit in front of something where **YOU** stand out in the foreground.
5. Have **soft light** in front of you, hitting your face.
 - Have a **window with daylight in front of you OR position a desk lamp in front of you** which will cast soft light onto your face.
 - *Do not have bright light or an open window with daylight **behind** you.*
6. ***IMPORTANT!**
 - When you hit record, count to three (ONE, TWO, THREE) and deep breathe before you start talking – then, **share your name and your role as a caregiver.** Highlight a specific benefit or experience with PHA. Express gratitude and explain why PHA is important to you.
 - When you're finished, pause, and count to three (ONE, TWO THREE) before hitting the stop record button.
 - This will give us enough video for a fade in / out at the beginning and end.



Sending Video File

Open the built-in camera app on your phone and point the camera at the **QR code to the right**. Tap the banner/link that appears on your phone. Follow the instructions to upload your selfie video to our Dropbox account.

Questions? Contact Sherrie Centrella: (484) 294-7353 or scentrella@pahomecare.org

