

Best Practices For Recording Your Video Testimonial!

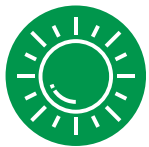
We use an app called Vouch which allows you to easily answer a set of questions about your weight loss journey. The app will use the camera from your phone, laptop, or computer webcam. If you can video chat (Zoom, Facetime, etc.), then you can record your Vouch! If you'd prefer to come into the center, we can also help you set up and get your story recorded!

Below are a few best practices to help make capturing the best video straightforward, seamless, and simple:



Steady Your Phone

To avoid making a shaky video, place your camera at eye level on a tripod, stand or propped up against something like a window sill, shelf, or wall at eye level.



Set the Scene

Find a comfortable, quiet space with good lighting and a background that is not too distracting. Pro tip: facing a natural light when recording near a window is a great way to give your skin an even and brighter look! For backgrounds, the simpler, the better!



Prepare

Review the X questions that will be asked in your Vouch prior to recording. Each question is a separate video that can be re-record and previewed as many times as you like before you submit it, but don't overthink it! Your first impressions and raw answers are often times the best ones.



Speak From the Heart

We encourage you to keep it real when sharing your MRC journey. Take those who are watching on a journey with you while answering the questions. Think about: What were your struggles before MRC? What hesitations did you have about MRC? What's life like after MRC? The more you share the more inspiring it will be to others in that same position!



TESTIMONIALS

Tips For Telling Your Story:

Your story is uniquely yours, and we'd love to hear it in as many or as few of your own words as you'd like to share. If you already know everything you want to say, then press record and go, go, go!

If you're working on getting your thoughts together and are looking for some ideas of things that are often talked about by other clients who've shared their story, please use as many or as few of the prompts below as you'd like as a guide:

- What made you want to lose weight?
- How long have you struggled with your weight?
- Had you tried other methods of losing weight before coming to MRC? How successful were (or weren't) you on those other programs?
- What was your favorite part about your MRC program?
- What was surprising or unexpected to you on your program? What makes MRC different from other programs out there?
- What are some non-scale victories you enjoy now (e.g., shopping, playing with grandkids, completed a race, travel and vacation, confidence boost, etc.)?
- Thinking back to how you felt when you started, how do you feel right now?
- If you participated in a medical weight loss program, is there anything you want to share specific to that experience - particularly if you've tried other medical weight loss options before?

It's our goal that the process of sharing is simple, seamless, and fun. If you run into any trouble with recording and/or uploading your video testimonial, we're here to help! Just let a team member at your local MRC office know.