

# 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!



# Questions You'll Be Asked

- 1) What is your name, MRC weight loss program, and pounds lost?**
  - "MRC's Medical Weight Loss Program" (semaglutide, tirzepatide, GLP-1's, injections, etc.)
  - "MRC's Traditional Weight Loss Program" (MetaMore, MetaBalance, MetaSlim, programs without prescriptions)
- 2) How did you end up choosing MRC as your weight loss partner?**
  - Doctor referral, friend or family referred you, social media, Google search, TV, radio, etc.
  - What convinced you that MRC was the right program to try?
- 3) What improvements and successes have you experienced since losing the weight?**
  - Health improvements, life upgrades, energy boost, improved confidence, smaller clothes, playing with grandkids, travel easier, etc.
- 4) What about your weight loss program was unexpected or surprising to you?**
  - Weight loss rate, lack of side effects, ease of following program, the difference the support of the coaches made, ease of administering medications, etc.
- 5) What did you enjoy most about your weight loss program?**
- 6) If you've lost weight in the past, what makes MRC's programs different from other programs or methods you've tried?**
- 7) In what ways did your MRC coaching team impact the success of your weight loss journey?**
- 8) What would you say about MRC to a friend or acquaintance who might also be thinking about losing weight?**
- 9) What's your favorite MRC product and why?**

*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.*