We've listed a few guidelines for recording your selfie video. We know each selfie will be different, and that's what makes the 'CONNECT Yourself' campaign so valuable.

Selfie Guidelines

- State your first and last name and territory
- Hold phone vertically with selfie stick
- Record in well-lit area
- Suggested length: 60 seconds (If you need more time, feel free to use it!)
- Attire – wear solid colors, nothing too busy
- Practice/watch your selfie a few times
- Ensure background noise is minimized

Instructions on How to Upload Selfies

1. Use your home Wi-Fi network to ensure quick and smooth upload
2. With your iPhone, visit the 'CONNECT YOURSELF' Page on CONNECT under Auditorium
3. Click 'Upload Selfie'
4. Click on the topic you discuss in your video (*ABILIFY MAINTENA, TRINTELLIX, REXULTI, or SELLING SKILLS/MISCELLANEOUS*)
5. Select 'Choose File'
6. Choose 'Photo Library'
7. Select the folder your selfie is in
8. Click on your selfie and select 'Choose'
9. Press 'Upload File'