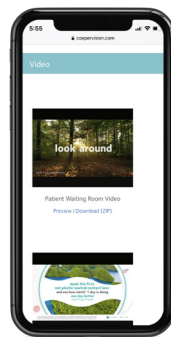


# Share the clariti® 1 day story with your patients



CooperVision has developed digital marketing materials to help you communicate the clariti® 1 day net plastic neutral initiative. Have you downloaded our social posts, but you're not sure how to upload them to your social media channels? Follow these simple steps to start the conversation in your community.

## UPLOADING TO INSTAGRAM



### STEP 1

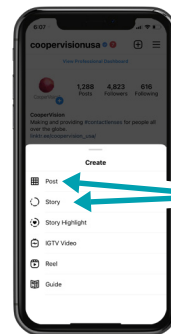
Download the video to your phone.

You can only post to Instagram from your phone. Simply visit [our website](#) and download to your phone or email the video to yourself for download.



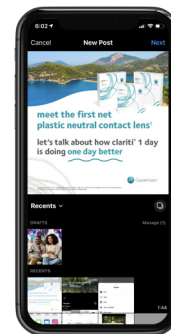
### STEP 2

Open the Instagram App and view your profile.



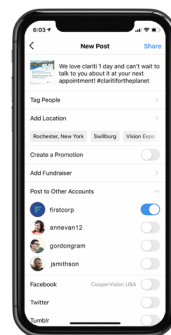
### STEP 3

Add a post or add to your story.



### STEP 4

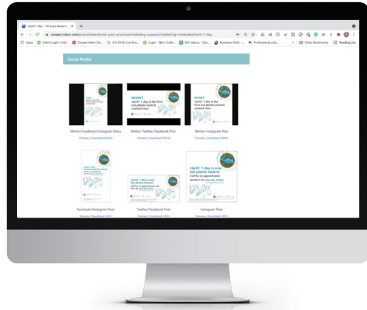
Select post from your camera roll and follow the 'next' prompts.



### STEP 5

Write a caption and share!

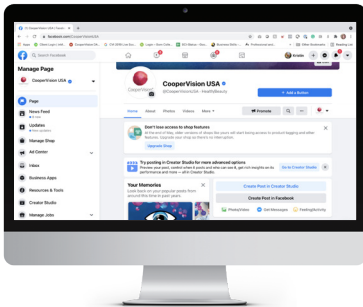
# UPLOADING TO FACEBOOK



## STEP 1

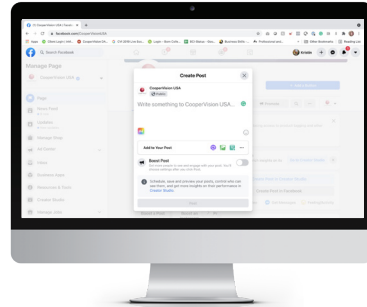
Download the post to your computer.

Simply visit [our website](#) and select the social media post that you'd like to use.



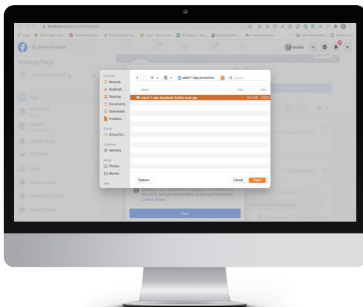
## STEP 2

Open Facebook.com and visit your Facebook page.



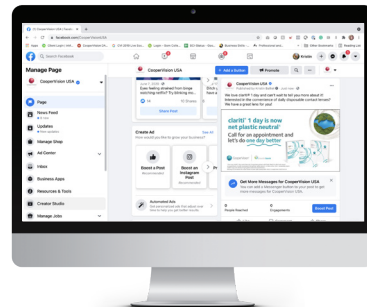
## STEP 3

Click 'create a post' and write your caption.



## STEP 4

Select the image icon and select a file from your computer.



## STEP 5

Share your post and spread the word!