

**#CMSWHATSYOURWHY**



**WWW.CMSWHATSYOURWHY.COM**



COLORADO  
MEDICAL SOCIETY

## How to post on Facebook

### Desktop:

1. Save your final picture holding your printed #CMSWhatsYourWhy photo prop on your computer.
2. Open Facebook in your web browser.
3. Click your current profile picture
4. Choose “update profile picture”
5. Choose “+Upload photo”
6. Find and select the final picture of you holding the printed #CMSWhatsYourWhy photo prop on your computer
7. Add your “why” statement to the description field and be sure to add #CMSWhatsYourWhy
8. Choose Save

### Phone:

1. Save your final picture holding your printed #CMSWhatsYourWhy photo prop on your phone.
2. Open the Facebook app
3. On the bottom right-hand corner, click the three bars.
4. Select your profile on the very top of that next screen
5. Click on your current profile picture
6. Click “select profile picture or video”
7. Find and select the final picture of you holding the printed #CMSWhatsYourWhy photo prop in your camera roll.
8. Click inside “say something about your profile picture” and type or copy you “why” statement, and be sure to add #CMSWhatsYourWhy
9. Click Save