



VIDEO TESTIMONIAL RECORDING TIPS

Thank you for sharing your story! Your testimonial can help others better understand the impact of this work and inspire the next generation of CHWs.

Please follow these simple tips when recording your video:

Before You Record

Find a quiet place with little to no background noise.

Record in a well-lit area, preferably facing a window or another light source.

Position your phone or camera at eye level.

Hold your phone horizontally (landscape) unless you've been asked to record vertically.

Clean the camera lens for the clearest picture.

While Recording

Speak clearly and at a natural pace.

Smile and be yourself -- we want your authentic story.

If you make a mistake, pause and start the sentence again. You don't need to start the entire video over!

Length: Aim for 1–3 minutes total.

What to Share

You can talk about:

- Your role and how long you've been doing this work.
- Why you chose this profession.
- A meaningful experience or success story.
- How this work has impacted you personally or professionally.
- What you would say to someone considering this career.
- Or the specific topic you discussed with the MHP Salud representative.

After Recording

Watch your video once to make sure the audio and video are clear.

Save the highest-quality version of the video.

Send the video using the method provided to you.

If you have photos of yourself at work that you'd be willing to share, we'd love to receive those too.