

# THE PF PERSPECTIVES PROJECT

THREE LAKES  
FOUNDATION



## How to share your PF story

### Are you ready to share?

Look at the questions that PF Perspectives Project is seeking to address. Pick one that resonates with you and either write or film a short video sharing your PF story. Videos should be one to two minutes long and written statements should be 250 words or less.

Click on the **SUBMIT AN ENTRY** button on the PF Perspectives Project web page. This will take you to an application form. Fill out the form (and be sure to read and check the box on our Terms & Conditions) and then hit **ENTER**.

### Sharing your story via video:

If you would like to share your story via video, you can use your computer or cell phone to record. Some helpful tips:

- Do* share your first name only.
- Do* share your experience in your own words.
- Do* limit your video to one to two minutes.
- Do* make sure there is enough light that we can clearly see you. A good rule of thumb is to have a window or lamp in front of you, not behind you.
- Do* use a stationery setting so that the camera is steady.
- Do* be mindful of the background, so it is neat and doesn't have other people or items you don't wish to be visible.

- ❑ *Don't* share personal identifying information (e.g., your last name or address).
- ❑ *Don't* name specific doctors, caregivers or facilities you have received care from.

### **Sharing your story with a written statement:**

If you would like to share your story via a written statement, consider:

- ❑ *Do* share your first name only.
- ❑ *Do* limit your statement to 250 words.
- ❑ *Do* share a picture if you wish, but it isn't a requirement.
- ❑ *Don't* share personal identifying information (e.g., your last name or address).
- ❑ *Don't* name doctors, caregivers or facilities you have received care from.

**Any questions? Reach out to [PFinnovation@matter.health](mailto:PFinnovation@matter.health)**