

GET INVOLVED, SHARE YOUR TESTIMONY!



FOLLOW THESE INSTRUCTIONS
TO CREATE YOUR VIDEO TESTIMONIAL

1

VIDEO LENGTH AND FORMAT

Keep your video **short and sweet**, aiming for 1-2 minutes. Make sure we can hear your video.

2

INTRODUCTION

Start by introducing yourself. Speak directly to the camera mentioning:

Your name and where you live. If you are a member of a patient association, mention its name.

3

ANSWER THE KEY QUESTION

**WHAT DOES ACCESS TO
IBD CARE MEAN
TO YOU?**

Share your personal experience/opinion saying what is lacking in IBD care where you live and suggest ways to improve it.

4

CALL TO ACTION

Conclude your video saying **"IBD HAS NO BORDERS"** or using the hashtag **#IBDHasNoBorders**

5

TAG EFCCA ON:



@EFCCA



@EFCCASOCIALMEDIA



@EFCCAIBD

SOCIAL MEDIA SHARING

Share your video on your social media channels or share with EFCCA:

laura.cervetto@efcca.org