



Tips for *Sharing Your Experience*

1. Imagine you are telling your story to a friend.
2. When did your health challenge start?
3. What were your symptoms, and how did you feel?
4. Were you diagnosed as having something specific? If so, please give the official diagnosis and by whom (doctor, naturopath, chiropractor etc.). Please mention any tests you had relating to your health challenge.
5. How did you feel at the worst stage?
6. How long did the symptoms persist?
7. What therapies did you try before the SOTA Products? And how did that work out?
8. What therapies did you try in addition to the SOTA units? And, what lifestyle changes, if any, did you make?
9. Please describe any setbacks you experienced in your health journey.
10. Which of the SOTA units did you use, how often and for how long? (Include modes or any unique application).
11. How long did you use the units before you noticed a change?
12. How do you feel now?
13. How has your life changed?

Please share any comments about what you have learned from your experience.

Please email your experience to story@sota.com.



Filming Your Experience

Interested in sharing your experience via Video? The following tips will help.

1. Know in advance what you want to say – you don't need to script it, but have a general idea of what you are sharing. Don't be afraid to practice and do a few takes – let's face it, most of us aren't used to talking on camera and it can be a little nerve racking.
2. Aim for a video that is 5-10 minutes. If possible, have someone film you – this will allow you to relax and tell your story without having to worry about the camera angle, etc.
3. The following are suggestions to help you get the best video possible:
 - a. Record your story in a well-lit area with minimal background noise.
 - b. If filming with a Smartphone, put your phone in Airplane mode – this will keep your video from being interrupted by incoming texts or phone calls.
 - c. Again, if using a Smartphone, turn your camera sideways (landscape orientation) while filming – this will help the video fit nicely on any screen.
 - d. Clean your camera lens before you start to film.
 - e. Don't zoom – zooming while filming can create shakiness and decrease picture quality.
 - f. If using a Smartphone, use exposure lock – in video mode, tap your screen and hold until the AE/AF box appears. Once it does, your camera's focus is locked. This will keep your video sharp, even if you move around.
4. To forward your video to us, we suggest using www.wetransfer.com for videos less than 2GB. It is easy and free to use. Please send to story@sota.com. Sending a video greater than 2GB? Contact us so we can discuss the best way to forward it to us.

Whatever way you choose to share your experience with us – thank you.