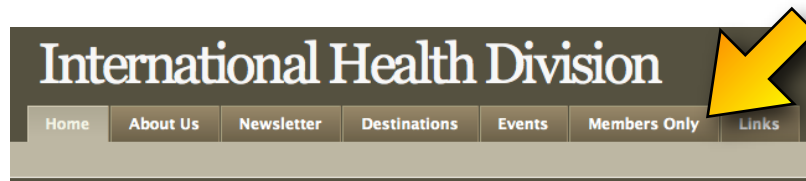


Registered members can submit content to the International Health Division website.

1) Select the “**Members Only**” link from the main menu:



2) Log-in using your Username and Password. Once you are logged-in, a series of new items will be visible under the “Members Only” menu. Choose “**Submit a Web Posting**”:



3) Fill-in the title and contents of your web-posting. Click “**Save**” when you are finished and your posting will be sent to the side administrator for approval.

A screenshot of the 'Submit a Web Posting' form. The form includes a title field, a large text editor, and publishing options like Section, Category, and Show on Front Page. A yellow arrow points to the 'Save' button in the top right corner of the form.

Note: Clicking “Save” will close the editing dialog and immediately submit the posting for approval. If your posting is lengthy, we recommend you copy-and-paste from an external editor (Word, Notepad, etc.)

You can choose the appropriate Section and Category for your posting.

Use these options if you would like your posting to appear on the front page of www.physioihd.com and/or if you would like the posting to only appear for a specific period of time (ideal for event announcements)