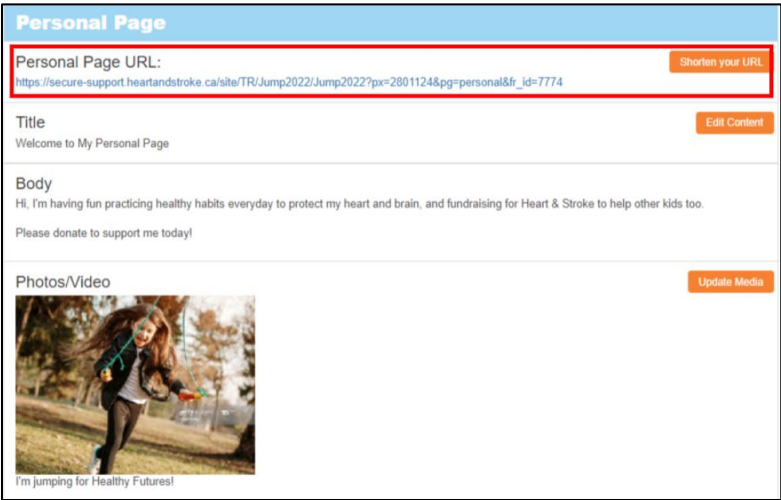


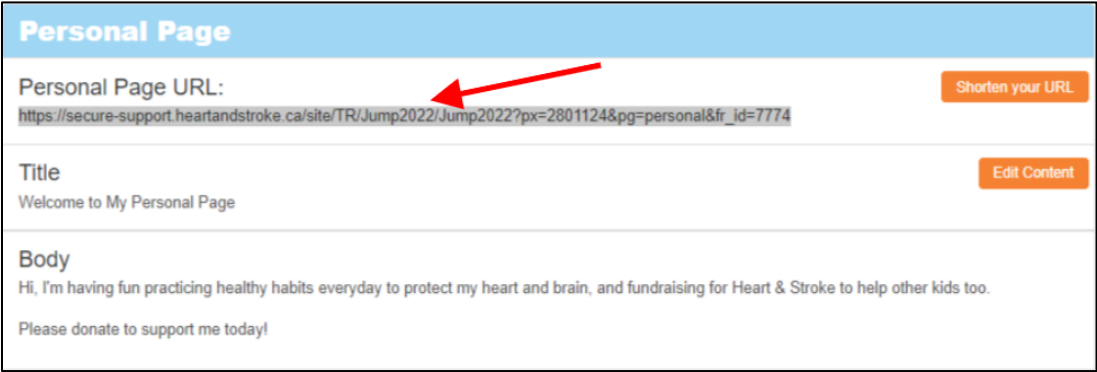


# How to Find Your Personal Page Link

- 1. Log in to your Participant Centre.
- 2. In the lower right section of the main page, you will see “Personal Page URL” section. There you will find the link to your personal page.



- 3. Highlight and copy this link to your clipboard.

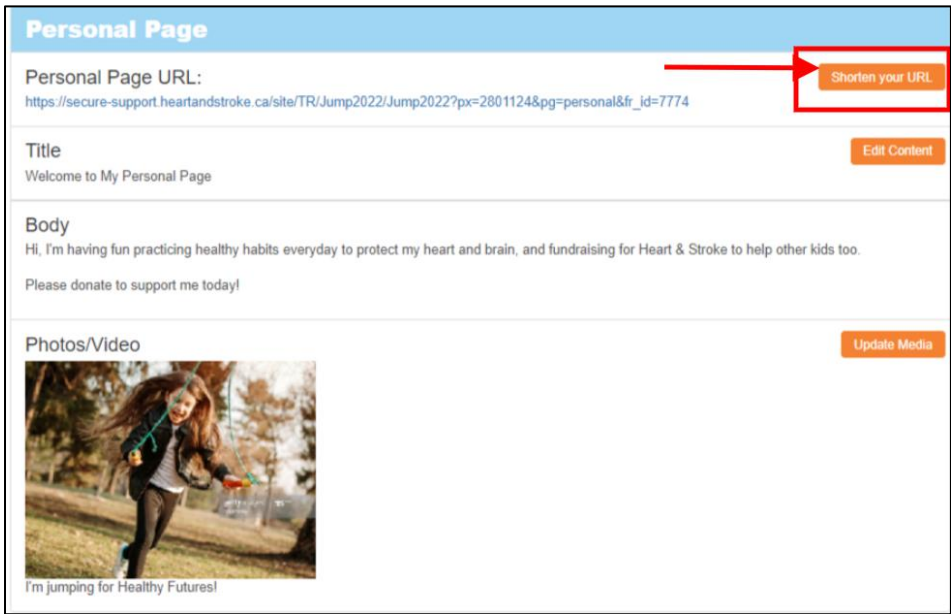


- 4. You can now paste your Personal Page link into emails or social media posts.

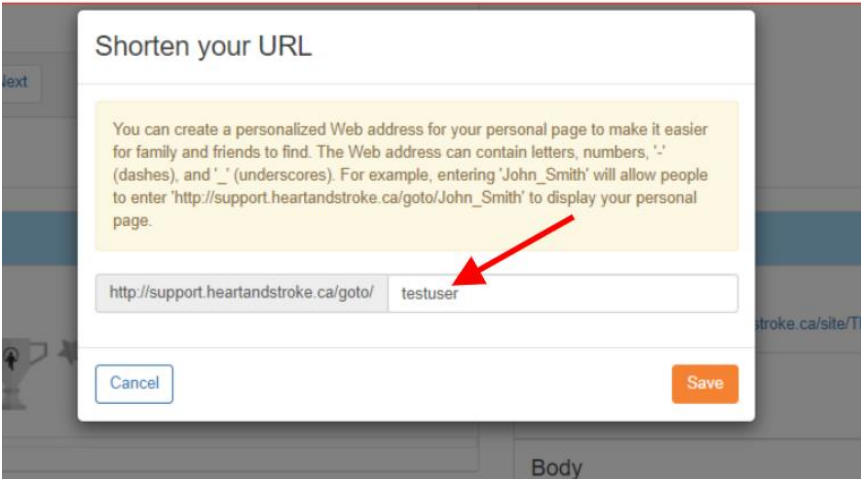


# How to Shorten Your Personal Page Link

- 1. Log in to your Participant Centre.
- 2. In the lower right section of the main page, you will see “Personal Page URL”. On the right, you will see a button that you can click on to “Shorten your URL”.



- 3. A pop-up box will open where you will be able to edit your Personal Page link in the text box that appears. Once done click “Save”.





- 4. A message will then appear letting you know that your changes were saved and the pop-up box will automatically close. You will now be able to see your updated URL.

Personal Page	
Personal Page URL: <a href="http://support.heartandstroke.ca/goto/testuser">http://support.heartandstroke.ca/goto/testuser</a>	Shorten your URL
Title Welcome to My Personal Page	Edit Content