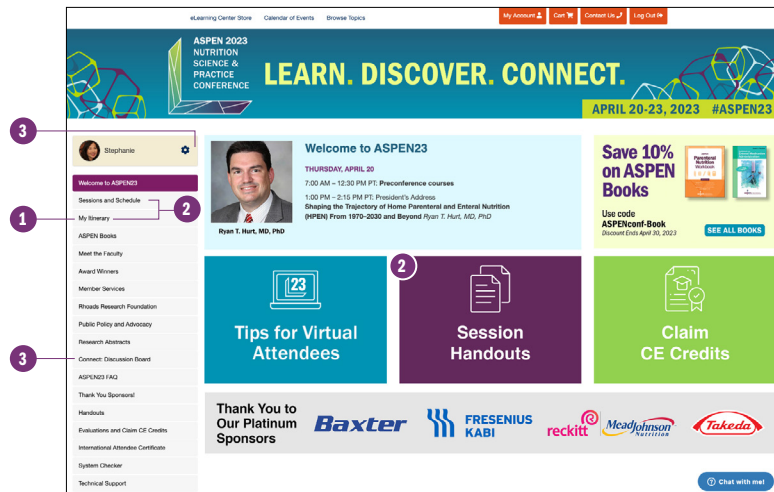


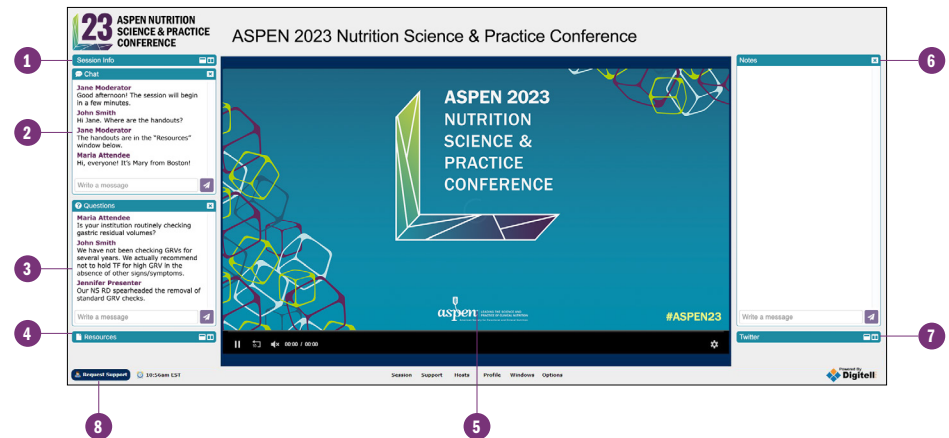
Welcome to ASPEN23!

Here are some tips to help you navigate around our event platform, nutritioncare.org/A23. Please use your ASPEN username and password to log on.



Navigating the Home Page

- 1 Click “My Itinerary” to set your preferred time zone and create your personal conference schedule.
- 2 Attend sessions and get handouts.
 - a. You can log on to a session 15 minutes before it starts. Under “Sessions and Schedule” or “My Itinerary,” click the “Attend Session” button under the session you would like to attend.
 - b. Go to “Handouts” to find the session you want handouts for and click the “Download Handout” button under the session title. Handouts for which ASPEN has permission to share are posted here.
- 3 Networking with conference attendees and faculty.
 - a. Start a discussion on Connect: Discussion Board.
 - b. Chat with attendees while in a session.
 - c. Ask faculty questions while in a session.



Navigating the Session Player while Participating in a Session

- 1 Session Info: Displays general information about the session.
- 2 Chat: Interact with other attendees in the session here.
- 3 Questions: Enter questions for the speakers. Questions can be submitted at any time during the session.
- 4 Resources: Any available handouts for the session are posted here.
- 5 Main Screen: Presentation is displayed here.
- 6 Notes: Take notes during the session here. Your notes will be emailed to you after the session.
- 7 Twitter Feed: ASPEN’s Twitter feed. Use #ASPEN23 when you tweet.
- 8 Technical Support: If you require technical assistance during the session, please click “Request Support” for help.