

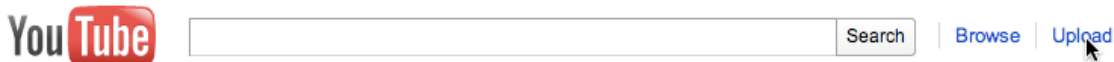
### INSERT/EMBED VIDEO – YOUTUBE

The first thing you need is to have a YouTube account. If you do not have one, you can create a new account for free, by clicking on the following link:

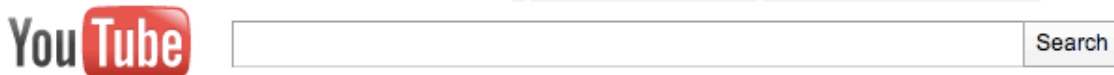
[http://www.youtube.com/create\\_account](http://www.youtube.com/create_account)

Once you have a You Tube account, follow these steps:

1. Click on "Upload" in the navigation bar.



2. Click on "Upload video" in the left of the screen or drag and drop the video file into the dashed box. The video will automatically start to upload. Please note that your video must be 2 GB and 15 minutes or less to upload it to YouTube.

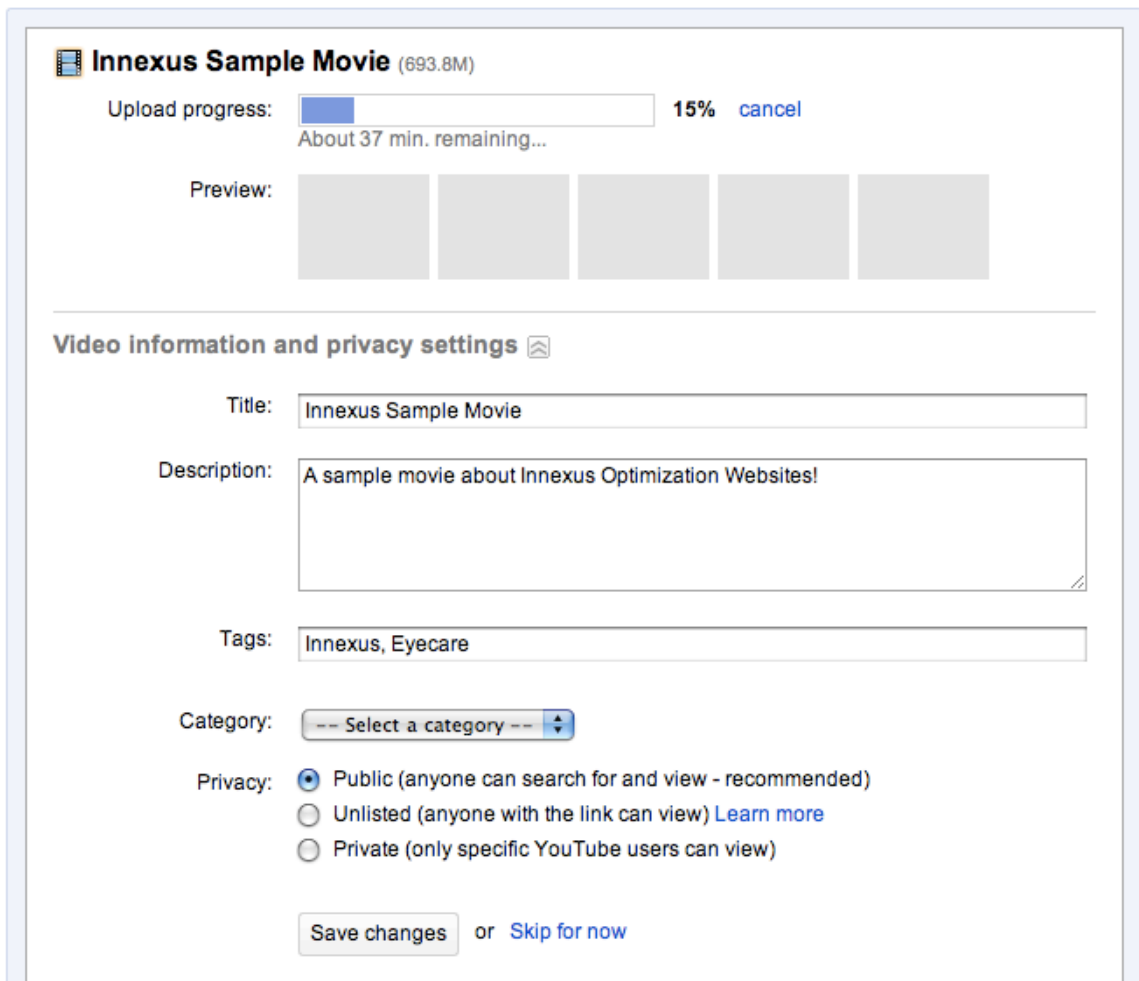


### Video File Upload

A screenshot of the YouTube video upload interface. At the top left, there is a yellow 'Upload video' button and a blue 'Record from webcam' link. Below this is a large dashed rectangular box containing the text 'Drag and drop videos anywhere on the page.' To the right of the dashed box, there is a section titled 'Videos can be...' with a bulleted list: 'High Definition', 'Up to 2 GB in size.', 'Up to 15 minutes in length.', and 'A wide variety of formats'. A mouse cursor is pointing at the 'Upload video' button.

3. While the video is uploading, you will be able to enter a Title, Description, and Tags. This is a great opportunity to boost your Search Engine Rankings!
  - **Title-** Use keywords in your video title so that the search engines will rank your video in the appropriate subject area.
  - **Description-** Here is another spot to add keywords pertaining to your practice and the subject of your video. You can also add your URL here (<http://www.yourdomain...>) to create a back link to your website, place your address, phone number, or any specials that you may currently have to make it easy for your potential clients to get in touch with you!

- **Tags-** Again, use keywords here to help with your search engine optimization.
  - Once you have filled in all of the fields, leave "Public (anyone can search for and view – recommended)" selected in **Privacy** and click "Save Changes"



The screenshot shows the YouTube upload interface for a video titled "Innexus Sample Movie" (693.8M). The upload progress is at 15%, with a "cancel" button and a note that "About 37 min. remaining...". Below the progress bar is a "Preview" section with five placeholder thumbnails. The "Video information and privacy settings" section includes:

- Title:** Innexus Sample Movie
- Description:** A sample movie about Innexus Optimization Websites!
- Tags:** Innexus, Eyecare
- Category:** -- Select a category --
- Privacy:**  Public (anyone can search for and view - recommended),  Unlisted (anyone with the link can view) [Learn more](#),  Private (only specific YouTube users can view)

At the bottom, there are buttons for "Save changes" and "Skip for now".

4. Your screen should now say "Your file has been uploaded."

The screenshot shows the video upload progress bar for a file named "Innexus Sample Movie" (693.8M). It features two green success messages: "Your file has been uploaded. We are now processing the video..." and "Your video settings have been saved." Below these is a progress bar at 100% with an "Upload details" link. A preview strip shows five video thumbnails, with the first one highlighted. At the bottom, it says "Processing 31% — Less than a minute remaining..."

5. After it has finished processing, click **My Videos** near the bottom of the page. It may take a few minutes for the video to completely upload.

The screenshot shows the video settings and sharing options. It includes a "Category" dropdown menu, "Privacy" options (Public, Unlisted, Private), and "Save changes" or "Skip for now" buttons. Below is the "Sharing options" section with "URL" and "Embed" fields. The URL is "http://www.youtube.com/watch?v=xpe8zntClbc" and the embed code is "<object width='425' height='344'><param name='movie' value='http://www.youtu".

The screenshot shows the "Upload another video" button and the "My videos" link. The "My videos" link is highlighted with a mouse cursor. Below the button is a text input field and the text "Videos can be..."

6. Click the Thumbnail of the video.



The screenshot shows the YouTube interface for a channel. At the top, there's the YouTube logo and navigation links like 'Search', 'Browse', and 'Upload'. Below that, there are tabs for 'My Videos & Playlists', 'Favorites', 'My Channel', 'Video Editor', 'Subscriptions', 'Insight', 'Messages', and 'Account'. The main content area is titled 'My Videos & Playlists' and has a sidebar with options: 'History', 'Uploaded' (selected), 'Purchased', 'Liked', 'Content ID Matches', 'Favorites', and 'Watch Later'. The 'My Uploaded Videos' section shows a list of videos. The first video is 'Innexus Sample Movie', uploaded on March 10, 2011, at 04:40 AM. It has a duration of 3:12 and is set to 'Public'. There are buttons for 'Add to', 'Delete', 'Edit', and 'Insight'.

7. This will bring up a larger version of the video. Click **Embed** under the video. A code will show and will be highlighted.

The screenshot shows a YouTube video player for 'Innexus Sample Movie'. The video is playing at 0:00 / 3:12. Below the video player, there's a yellow banner that says 'This video is public.' Underneath, there are buttons for 'Like', 'Add to', 'Share', 'Embed', and 'Flag'. The 'Embed' button is highlighted with a mouse cursor. Below the buttons, there's a text box containing the embed code: 

```
<iframe title="YouTube video player" width="480" height="390" src="http://www.youtube.com/embed/xpe8zntC1bc" frameborder="0" allowfullscreen></iframe>
```

 Below the code box, there's a note: 'After making your selection, copy and paste the embed code above. The code changes based on your selection.'

8. Copy the code by pressing the keys [CTL] + [C] or right clicking and select "Copy."
9. Go to iControl, and search for the page you want to add the video. Once you find it, click the  icon on the right side under **OPTIONS**.
10. Click the  icon, located on the top menu of the page editor.
11. Paste the code that you previously copied into this window by pressing [CTL] + [V] or right click and select "Paste". It will paste the code that embeds the video file to your page.
12. Save the changes by clicking on **Save Page**.
13. Go to your website to check if the video is showing up. Don't forget to Refresh the page.