



Help us create videos about life with hyperinsulinism during the pandemic!

We are creating a series of videos for our upcoming Virtual CHI Family Conference (Saturday, June 5 - registration coming soon!). We would like to hear from individuals or parents whose children have HI about what life has been like during this past year living with hyperinsulinism during a pandemic. Hyperinsulinism is hard to manage under the best of circumstances. During the pandemic, we know it has been harder than ever. Share your experiences about how you managed and what was especially difficult. ***We need all videos by May 10!**

We would like you to film a short video (2 minutes or less) that covers the following:

- Introduce yourself and your family (first name, age(s), where you live)
- What type of hyperinsulinism you or your child has
- What has been hard about living with hyperinsulinism during COVID?
- What have you done to help yourself, or your family, get through this time?
- What have been some difficulties?
- What have been some of the triumphs?
- Can you share any tips or tricks that you found helpful?
- If you would like to send some still photos that we can edit into the video(s) we can do that!

Here are some tips to film the video:

- Hold your smartphone **horizontally (landscape, not portrait!)** to record the video
- Film at eye level or slightly above, never below
- Make sure light/sun is facing you or slightly beside you, not behind
- Feel free to use a tripod or stable surface to avoid shaking during filming
- Try to find a natural or non-distracting background
- If possible, leave some space between you and your background
- Center yourself in the frame as much as possible and allow headroom (space between you and the top of the frame)

Questions? Need help? Email jschmitt@congenitalhi.org

Once you have completed your submission, please send your completed video by May 10 to jschmitt@congenitalhi.org