

## Send a Thank You Card



### ON YOUR COMPUTER

1. Download and open [this thank you card PDF](#)
2. Write your note in the fillable fields
3. Share your thank you card with your NMOSD hero over email or in person



### ON YOUR CELL PHONE

1. Screenshot [this thank you image](#)
2. Upload the screenshot to your Instagram or Facebook story
3. Add your thank you message over the image (don't forget to use #NMOSDWontStopMe to join the conversation!)
4. Share the image to your story, tagging your NMOSD hero, or save it to your phone and text or email it

## Record a Thank You Video



1. Fill out [this form](#) to create a Storyvine account (the app that will record your video)
  - Download a training guide with recording instructions on this page
2. Check your email for a link to download the Storyvine app on your phone
3. Download the app, and follow the in-app prompts to film your video
  - You will be able to review your recording after you're done filming
4. Upload your video for Amgen review
5. Amgen will share your approved video with you over email after three to four weeks (the email will come from SpectrumAmgen@spectrumsience.com)
6. Share your video on social and/or directly with your NMOSD hero to let them know how much they mean to you (don't forget to use #NMOSDWontStopMe to join the conversation!)