

How to Utilize F4CP's New Podcast with Your Patients



What Is A Podcast?

To put it simply, a podcast is like talk radio, but you can subscribe and listen to it on your smartphone or computer. A podcast is a series of audio episodes that all relate to the same topic or theme. For example, wellness, cycling, cooking, etc. Where podcasts differ from talk radio is that you can simply pause the episode and come back to it when you are ready to resume. Many are replacing what we know as traditional talk radio with podcasts due to their easy to use nature while commuting or cooking dinner for example.

About the F4CP's New Podcast

The F4CP is proud to launch its new podcast – Adjusted Reality. Adjusted Reality is a podcast available on many platforms. On it, there are interviews with well-known athletes, celebrities, actors, chiropractors, and other podcasters who are passionate about chiropractic and general wellness. This podcast was created with the aim to be accessible but captivating to others in chiropractic and the general public alike.

How Can I Utilize This Podcast With My Patients?

By including this podcast in a newsletter with patients and recommending it to a patient, you are keeping your practice on their minds during parts of the day they otherwise wouldn't think about making an appointment with their doctor of chiropractic. If you have a podcast to utilize such as Adjusted Reality, patients will not only think of you as a source for information about health and wellness, but a source for entertainment that gets them on the path to integrate healthy living into their daily lives. Podcast previews can also be posted onto your social media to boost traction onto your web presence.

How to Listen to the Adjusted Reality Podcast



Adjusted Reality is available to stream on the following platforms:

- Buzzsprout
- Apple Podcasts
- Spotify
- Stitcher
- iHeartRadio
- Pandora
- TuneIn+Alexa
- Podcast
- Addict
- Podchaser
- Deezer
- Listen Notes

Buzzsprout

Listening on your computer:

- Go to the website <https://adjustedreality.buzzsprout.com/> and scroll down to choose an episode
- Press the green play button on the right hand side
- To share, click the social icons above 'share now' or copy the URL from the search engine

Apple Podcasts Podcasts

If you have an Apple device such as an iPhone or iMac, you likely already have the Podcasts app on your smartphone and capability to listen to the Adjusted Reality podcast.

Listening on your Apple device:

- Press the Podcasts application on your screen
- Type 'Adjusted Reality' into the search bar
- Hover over the episode you would like to listen to
- Press the play button to the left of the title
- To share the channel, click on the 3 dots in the upper right hand corner and click 'share,' or 'copy link'
- To share an individual podcast episode, click the 3 dots in the bottom right hand corner and click 'share,' or 'copy link'



Listening on your phone, iPad, or tablet:

- Download and open the Spotify application and create a free account
- Press search
- Under Browse All, press Podcasts
- Browse podcast episodes, scroll down to browse by category
- Select the Adjusted Reality podcast to view and browse the episodes
- To listen, press play
- To share, click the 3 dots in the upper right hand corner, click 'share,' then 'copy link'

Listening on your computer:

- Go to the website, www.spotify.com and create a free account
 - Press Browse in the menu on the left
 - Press PODCASTS
 - Browse podcast episodes, or scroll down to browse by category
 - To listen to an episode, hover your mouse over the cover art and press play to start listening, or click the podcast title to see more episodes
 - To share, click the 3 dots on the right side of 'follow,' click 'share,' then 'copy link'
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Listening on your phone, iPad or tablet:

- If you have an Android Smartphone, you likely already have the Google Podcasts application. for Apple devices, visit the App Store and download Google Podcats.
- Open the Google Podcasts application
- Click the search icon on the bottom, middle menu
- Type 'Adjusted Reality' into the search engine
- Select episode and press play
- To share, click the upward arrow underneath the episode title and choose social media icon or click 'copy'

Listening on your computer:

- Go to the website <https://podcasts.google.com/>
 - Type 'Adjusted Reality' into the search engine
 - Select the podcast to open a podcast's details page
 - To share, copy and paste the URL from the search engine
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Listening on your phone, iPad or tablet:

- Download the Stitcher for Podcasts application from your app store
- Open the application

Home: Here, you can see recent episodes from podcasts that you follow, headline news podcasts, top picks based on your interests, and more.

My Podcasts: Here, you can see playlists you've created, podcasts you've downloaded, and settings

Premium: Here, you can view shows available with Stitcher Premium

Search & Browse: Here, you can search for specific podcasts, and view categories to browse from



- Type 'Adjusted Reality' into the search bar
- Press on each episode to see the description
- Press play on the right side
- To share, click the arrow to the right side of 'follow,' then click 'copy link' or share directly to social media

Listening on your computer:

- Go to the website <https://www.stitcher.com>
- At the top part of the page, press the magnifying glass to view the search bar
- Type in 'Adjusted Reality'
- At the top of the page, you can see the most recent episode, but if you scroll down, you can view all other episodes.
- Select what episode you want to listen to
- Press the play button
- To share, click 'share' on the right side of 'follow,' then 'copy link' or share directly to social media

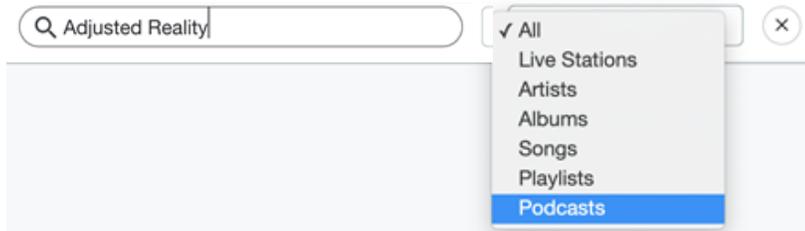


Listening on your phone, iPad or tablet:

- Once you download and sign up on the application, on the bottom of the main page there are four different icons. Press the one that says 'Podcasts'
- Press the magnifying glass in the top right corner to search for 'Adjusted Reality'
- Click on desired episode title
- Press the play button on the right side of the episode title
- To share, click the arrow in the upper right hand corner and click 'copy link' or share directly to social media

Listening on your computer:

- Go to the website <https://www.iheart.com>
- Press 'Podcasts' which is the second option on the home page
- Type in 'Adjusted Reality' on the search bar in the top upper right corner of the screen
- Once you type this in, on the pull down menu to the right select 'Podcasts'

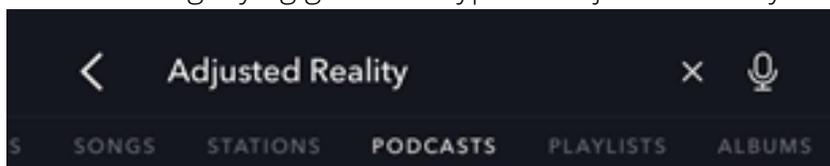


- Press the play button to the left of the title
- To share, click 'share' next to 'follow' and share to social media or simply copy the URL from your search engine

Pandora

Listening on your phone, iPad or tablet:

- Download and open the Pandora application
- Create a free account
- Press the My Collection tab that is the second from the left
- Press the magnifying glass and type in 'Adjusted Reality' and select 'Podcasts'



- Click on the podcast's page to browse episodes
- Press the play button to the right of the episode title you wish to listen to
- To share, click the arrow in the middle-right of the screen, then 'copy link' or share directly to social media

Listening on your computer:

- Go to the website <https://pandora.com/>
- You can listen to podcasts on your computer by pressing the My Collections in the top left
- Type 'Adjusted Reality' in to the search bar and press Podcasts underneath
- To listen to a specific episode, hover over the specific title and press the play button that appears to the left of the title on the specific podcast's artwork
- To share, click the arrow in the middle-left of the screen, then 'copy link' or share directly to social media

TuneIn is pre-downloaded in all Alexa-enabled devices where you can listen to FM, AM, internet radio and podcasts.

- Download and open the Alexa app on your phone or go to <https://alexa.amazon.com>
 - In the Main Menu, select Music, Video, & Books
 - Under Music, select TuneIn
 - Select Podcasts
 - Type 'Adjusted Reality' into the search bar to browse episodes
 - Click over the podcast episode to play
 - TuneIn does not have sharing capabilities
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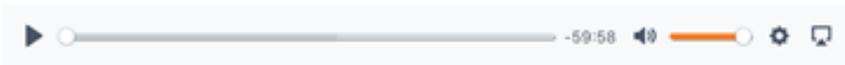
Podcast Addict

Listening on your phone, iPad or tablet:

- Download and open the Podcast Addict application
- To find a new podcast on your Android, press the three diagonal lines in the top left corner of the screen
- Press the magnifying glass and type in 'Adjusted Reality'
- To listen to a specific episode, press the play button to the right of the episode
- To share, click the 3 dots in the upper right hand corner, then 'copy link,' or share directly to social media

Listening on your computer:

- Go to the website <https://podcastaddict.com/>
- In the top right corner of the screen, type in 'Adjusted Reality'
- Here you can browse the episodes
- Press play in the player that is underneath the episode you want to listen to



- To share, click the social share icons on the bottom left or simply copy the URL in your search engine
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Podchaser

Listening on your phone, iPad or tablet:

- Go to the website <https://www.podchaser.com>
- Click on the magnifying glass in the top left corner and type in 'Adjusted Reality' and select it from the drop down menu
- Scroll down to see recent and best episodes
- Press the pink play button to listen
- To share, click the arrow 'share' icon on the middle-right then click the social icon or clipboard icon to copy link

-Podchaser Continued-

Listening on your computer:

- Go to the website <https://www.podchaser.com>
 - Click on the magnifying glass in the top left corner and type in 'Adjusted Reality' and select it from the drop down menu
 - Scroll down to see recent and best episodes
 - To see all episodes, click 'View All'
 - Press the pink play button to listen
 - To share, click the arrow 'share' icon on the middle-right then click the social icon or clipboard icon to copy link
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Deezer

Listening on your phone, iPad or tablet:

- Open the application on your phone
- Press Search on the bottom right corner of your screen and type in 'Adjusted Reality'
- Click on the title and scroll through the episodes available
- Click on the title of the one you want to listen to
- To share, click the arrow icon on the middle-right, then click social icon or 'copy to clipboard'

Listening on your computer:

- Go to the website <https://www.deezer.com>
 - Type in 'Adjusted Reality' into the search bar at the top of the page
 - Click on the title to scroll through the available episodes
 - To listen, hover over the title and click on the play button to the left of the title
 - To share, click the arrow 'share' icon on the middle-right, then click 'copy link'
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Listen Notes

Listening on your phone, iPad or tablet:

- Go to the website <https://www.listennotes.com>
- Type 'Adjusted Reality' into the search bar and select it from the drop down menu
- Scroll down to see the available episodes
- Press the red play button to the far left of the episode's box
- To share, click the arrow icon on the middle-right, then click social icon or 'copy URL'

Listening on your computer:

- Go to the website <https://www.listennotes.com>
 - Type 'Adjusted Reality' into the search bar and select it from the drop down menu
 - Scroll down to see the available episodes
 - Press the red play button to the far left of the episode's box
 - To share, click the arrow icon on the middle-right, then click social icon or 'copy URL'
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Still Need Help? If you're a podcast newbie, welcome to the club! If after reading this tutorial you still have questions on how to share, please don't hesitate to reach out to F4CP Development Coordinator, Cassie Long: cassie@f4cp.com.