



CARINGBRIDGE PROVIDES FREE WEBSITES THAT CONNECT PEOPLE EXPERIENCING A SIGNIFICANT HEALTH CHALLENGE TO FAMILY AND FRIENDS, MAKING EACH HEALTH JOURNEY EASIER.

Websites offer a personal and private space to communicate and show support, saving time and emotional energy when health matters most. The websites are easy to create and use. Authors add health updates and photos to share their story while visitors leave messages of love, hope and compassion in the guestbook. Each website includes:

- ✓ Patient care journal to update family and friends
- ✓ Guestbook for messages of love and support
- ✓ Photo gallery
- ✓ Free online support for using the service

HERE'S HOW....

1. Go to <http://www.caringbridge.org/>
2. Select "Create a Website"
3. Select "Start Now"
4. You will be asked to register as an author by entering your email address and creating a password. Either the patient or a family member can create the site.
5. You will then be asked to enter information on the patient, such as their age, diagnosis, and where they are receiving treatment
 - a. For NIH, select Maryland for the state of facility location and then National Institutes of Health Clinical Center from the drop down menu.
6. You will then select:
 - a. The website address (e.g. www.caringbridge.org/visit/JaneSmith)
 - b. The title of your website (e.g. Jane's Place)
7. Don't forget to check English or Spanish as the language for your announcement email to family and friends.
8. You will then select a color scheme and background style for the website.
9. The last step is selecting privacy settings. This will determine which people can visit your website and if they will need to create a password to access it.

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