



Health and care explained



WEEK ONE
15–21 February



Test your connection

Make sure you are using an up-to-date web browser. We recommend using **Google Chrome** or Firefox on a **laptop or desktop**.

Log in and get familiar with the platform.

Watch the **welcome video** in the lobby.

Click on '**chat to attendees**' and introduce yourself in the main room. Tell people where you work and what you're looking forward to getting out of the event.

WEEK TWO
22–28 February



Attend the event

Watch the presentations, **submit your questions** and take part in the **polls**.

Engage with other delegates in the main room or via private **one-to-one messaging**.

Take part in our **competition** to reach the top of the leaderboard and be in for a chance of winning one of three **£100 John Lewis gift cards**.

Visit the **exhibition stands** and view all of the free resources.

WEEKS THREE AND FOUR
1–14 March



Catch up and complete

The platform closes on Sunday 14 March so use these two weeks to:

- re-watch presentations or **catch up** on those you missed
- download all of the **slides and resources**, including those in the exhibition hall
- **connect with people** you want to talk to after the event and share your details to take the conversation offline.

Receive your **certificate of attendance** on Monday 15 March.