



Here are a few of her tips to make tweeting easy to work for you!!

#1. Check Your Cell Phone's Texting Package.

The whole point of Twitter is to be able to communicate with Krista, your unit members, your team members, and your customers while you are on the go. Twitter is a FREE service! This equates to FREE ADVERTISING!!! But, you've got to communicate to make it work on-the-go!!! If you don't have a text package, or if your package is limited (i.e. 200 or 500 messages a month) you will end up paying out the wazoo to take part in this FREE service. To effectively tweet make sure you have an unlimited package. You would be amazed, but texting is now considered an essential, and because of that the unlimited packages are very affordable.

#2. Get Started

Click on this link: www.twitter.com and get signed up. If you look above you will see that people's URL/username can be anything from MK themed to their own name. I chose to use my full name because it is on my MK cards, is my MK e-mail address, and is my MK website address. This way I keep it simple for my customers to find me. Krista used wildwestarea for the same reasons.

#3. Fix Up Your Settings

- A. **Fill out your profile.** This is a very general profile, so I believe it is fine to answer all questions. Make sure to put your town, state in. Remember that as you gain team members and customers they want to know where you are. Because you are using this for business you need to put some info out there. For those applications you only use for your personal life, or family, you will need to be more protective. Such as with your pictures on facebook; those of your family and children should be restricted to friends only. I would put MK event pictures to be seen by everyone. Build up that MK lifestyle while keeping your family protected!!
- B. **Go to Devices.** This is where you will input your cell phone number. Select to turn device updates ON. Then input that number. Twitter directs you to put a plus (+) sign and then 1 before inputting your number. Make sure you do this. When you input your number it should look like the following:
+14794596069 (this is Krista's, make sure to use your #)
- C. **Finally decide if you want to put time constraints on when you receive messages.** I turn off mobile updates from midnight to 7 am. This means that I will not see any tweets from anyone who I am following (and have their device updates on) who tweets between the hours of midnight to 7 am. I will be able to get on the computer and check those tweets, but they will not be disrupting my sleep (because I leave my phone on for emergency calls only).

#4. Set Up Notices

- Auto Nudge:** Nudge me if I haven't updated in 24 hours
This will send a txt to your phone.
- New Follower Emails:** Email when someone starts following me
- Direct Text Emails:** Email when I receive a new direct message
- Email Newsletter:** I want the inside scoop—please send me email updates!
[Save]

This is how my Notice section looks. It is important to know if someone new is following you. We all know that the internet is full of undesirables. By getting an e-mail every time someone new selects to follow you, you can make sure that your page and follow list is clean of any trash. My first day a porn site selected to follow me, and because of this tool I was able to check it and immediately block the site.

#5. Upload Your Picture

Upload a picture of yourself. It would be great if this is a close up head shot that looks professional. This will help to push that professional factor a little farther. It will help your friends, family, potential customers, and team to see that you take your MK business as seriously as a doctor considers their practice. Not to mention, when you are in the unit's Top 20, Krista will have a wonderful picture of you for our monthly newsletter!!! A head shot will also be easily adapted by Twitter. This picture can be no larger than 700k and must either be a .JPG, .GIF, or .PNG. Upload it once and then wait about 10 min. It seems to take twitter a bit to put the picture on your page.

#6. Begin Following

Go to <http://twitter.com/wildwestarea> and select to follow Krista. Go back to your page. At the top right side you will see that the # 1 and under it you will see the word "following". Click on the word. This will take you to a page and show Krista's picture. You will have the choice to turn on device updates. Do so. Now you will receive Twitter text tweets from her.

#7. Tweet

Go back to your home page and write a 150 character tweet. This will post to your page. As Krista tweets you will see those post and it will go to your phone. If you want to reply to Krista please text message, e-mail, or call her. Krista (for sanity purposes) will not be turning on device updates. Trying to directly answer you on Twitter would end up taking control of her time. If someone else that you are following says something you would like to reply to you will need to Direct Tweet them. You can do this on your computer by using the direct tweet feature about half way down on the right side. You can direct tweet by text message by hitting the reply button. In the message area write a capital "D" then space then type the persons twitter username then space and then put your message.

Example: D wildwestarea Hey girl, I'm on twitter!

Make sure to use direct message to communicate back and forth (except with Krista) so that your messages aren't seen by everyone. This creates a modicum of privacy. If you do want the message to be in the users "feed" then use the @ sign instead of the D. Finally if you hit reply and use no sign and other persons username (while texttweeing) you will be updating your own personal feed.

I really hope this simplifies Twitter for all of you!!! Get on and start using these internet

applications that allow you to talk about your
business for FREE!!!

It is where advertising is going, and by being
on the bandwagon first, you will produce more
success!!