



Step-by-Step Guide to Taking Professional Outdoor Photos with an iPhone

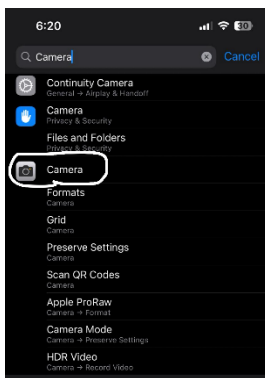
Note: We need you to provide your **headshot** for the **website**.

DRESS CODE: Solid color top/suit jacket

Tip: Choose a cloudy day or find a shade to ensure direct sunlight is not hitting your face.
If you do not have an iPhone, please borrow one.

Camera Settings:

1. Go to SETTINGS.
2. Search for Camera.



3. On the Composition, turn “on” Grid & Level. Also, turn “on” Lens Correction.
4. Click “Formats” and select High Efficiency. Turn “on” ProRAW & ProRes.

Portrait: Outdoor Professional Photo

1. Go to the Camera app.
2. Select Portrait mode.
Note: Do not use the FRONT camera as it will affect the quality of the photo.
3. Change to Studio Light.
4. Use a 2x or 3x zoom lens (found in the lower-left corner of the frame).
Note: The subject needs to move farther away from the camera to ensure that the focus is on them.
5. Tap *f* found in the upper right corner.
6. Slide to the right to increase the background blur (*f2.2*).
7. Now take the portrait.



Capturing Solo: Taking Professional Photos Alone with a Tripod

1. Go to SETTINGS.
2. Scroll to “Accessibility”.
3. Tap “Voice Control” and enable it.
4. Select “Customize Commands” & tap “Custom”.
5. Create a new command (type in a short word you will say out loud to take a photo eg. shot).
6. Tap “Action” and “Run Custom Gesture”. Tap several times in the same spot you would when taking a photo to allow you to take several shots in a row. Save it and go back.
7. Tap on “Application” and set it to Camera. Press Save.
8. Open your Camera app.
9. Follow the steps in “Portrait: Outdoor Professional Photo”.
10. Pose and say the command.

Sample Photos





In addition, create a **biography** for the website.

Example:

Carmen is best able to help YOU with your psychiatric medication management needs as she draws from her years of practice as a Psychiatric Mental Health Nurse Practitioner, PMHNP.

With a focus on progressive and current evidence-based pharmaceutical therapies for behavioral health offerings, Carmen will teach you about the medications that meet your specific needs. How? She focuses on medication options that fit your needs while considering those that limit side effects, and limit polypharmacy, all while focusing on pharmaceutical options that are fiscally obtainable!

Carmen additionally offers remote-based neurocognitive testing. This testing obtains your personalized subjective and objective measurements so that together, a plan of care can be formulated focusing on your personalized cognitive challenges specifically for your brain. Think about it, primary care providers obtain your objective measurements with lab work and vitals. In psychiatry, there is additionally a way to obtain your objective measurements -- via neurocognitive testing!

How did Carmen learn to focus on these needs to best help you? Her collegiate foundation was first built with a degree in Nuclear Medicine, the in-depth study of functional and molecular-focused physiological processes associated with injury or disease, in 1991. She later returned to college earning her Bachelor's Degree in Nursing, in 1995, followed by her Master of Science in Nursing, in 1998, from the highly acclaimed Case Western Reserve University.

Carmen has a solid base in primary care insights after earning her first post-graduate Nurse Practitioner Certification as a Nurse Midwife from Frontier University.

Nearly 20 years later, Carmen continued her thirst for knowledge with her second post-graduate Nurse Practitioner Certification as a Psychiatric Mental Health Nurse Practitioner at the University of Cincinnati, in 2016.

Due to her years of advanced education and hands-on experience, Carmen Kosicek is poised to help you in your quest for optimal behavioral health!

NOT THIS WAY!

Carmen Kosicek, a Psychiatric Mental Health Nurse Practitioner (PMHNP) with extensive experience, specializes in personalized psychiatric medication management and remote neurocognitive testing. With a background in Nuclear Medicine, Nursing, and PMHNP certification, Carmen offers evidence-based pharmaceutical therapies, tailored to minimize side effects and polypharmacy, while remaining cost-effective. Her approach includes personalized cognitive assessment and care planning. Carmen's expertise and continuous education ensure comprehensive support for optimal behavioral health outcomes.

Once your portrait and bio are complete, please send them to amy@vpteam.hush.com.