

Thanks for participating in our social media campaign for fly-in!

We'd love to receive a 15-30 second video from you talking about what you love about fly-in and why it is important for fellow NCPA members to attend.

Not sure where to get started? Here are a few prompts:

1. “Hi! My name is _____ from _____ pharmacy in _____. This year I’m flying in to fight for _____.”
2. “My favorite part of fly-in is _____.”
3. “You should come to fly-in because _____.”

Here are a few tips to ensure you look fabulous on camera:

Set up the shot

- Use your back camera – that is preferable to “selfie mode”
- Have someone else record so you can focus on what you want to say.
- Record vertically aka portrait not landscape mode.
- Lighting is everything! Avoid back-lighting and shadows covering your face

Optional iPhone Camera Settings

Settings > Camera > Record Video > Select 4k at 60fps

Scroll down to “Composition”

- Toggle on “Grid” and “level”
 - o This helps the person filming make sure you’re centered!

Optional Android Camera Settings

Settings > Camera > Video Settings/Resolution > Select a 4k option

Also recommended to turn on video stabilization (OIS/EIS) if possible

Please submit all videos to hayley.stone@ncpa.org by March 12, 2026