
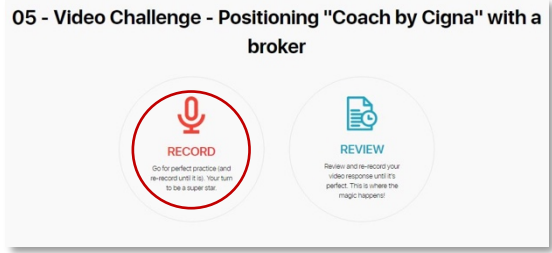
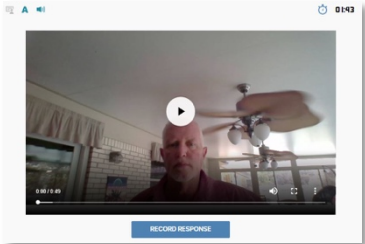
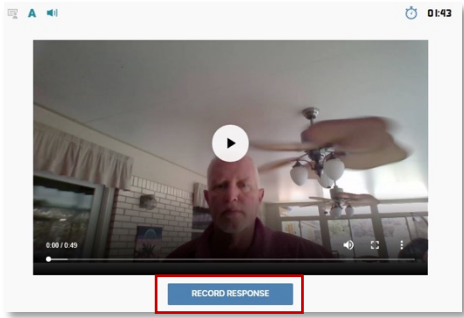
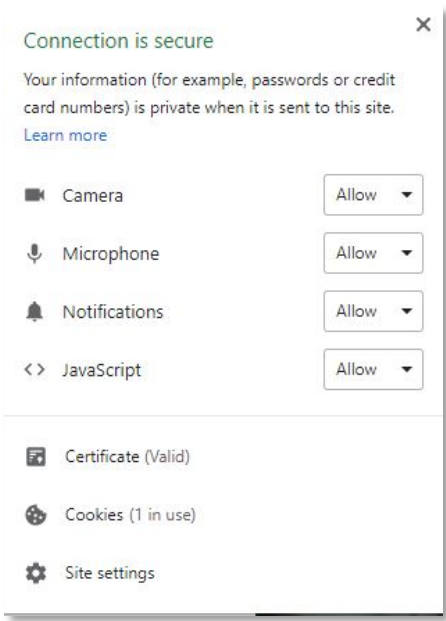
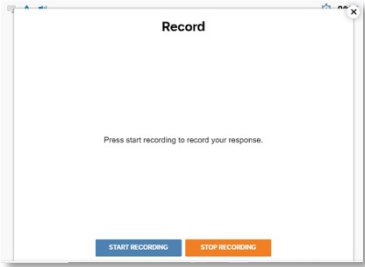
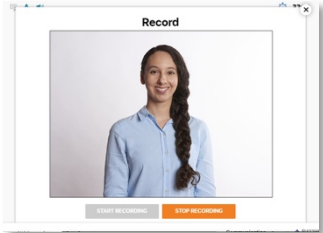

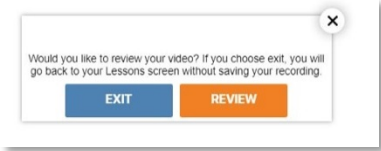


» **How do I complete a video simulation?**

<p>1. To record a video challenge, you will start in Record. Video challenges only have Record and Review, there is no coach section for video challenges.</p>	<p>05 - Video Challenge - Positioning "Coach by Cigna" with a broker</p>  <p>The screenshot shows a white background with two circular buttons. The left button is red with a microphone icon and the word 'RECORD' in red. Below it, in small text, it says 'Go for perfect practice and re-record until it's perfect. Your turn to be a super star.' The right button is blue with a document icon and the word 'REVIEW' in blue. Below it, in small text, it says 'Review and re-record your video response until it's perfect. This is where the magic happens!'</p>
<p>2. When you go into Record, you will see the video that your coach placed for you to respond to.</p>	<p>05 - Video Challenge - Positioning "Coach by Cigna" with a broker</p>  <p>This screenshot is identical to the one in the first row, showing the 'RECORD' and 'REVIEW' buttons for the video challenge.</p>
<p>3. Watch the video carefully. Video challenges can be a situation to respond to or knowledge questions from your coach.</p>	 <p>The screenshot shows a video player interface. The video frame displays a man in a dark shirt sitting in a room with a ceiling fan and a window. A play button is centered over the video. Below the video frame is a blue button labeled 'RECORD RESPONSE'.</p>
<p>4. When you are ready to respond, press the record response button at the bottom of the page, below the video. **You can watch the video as many times as you need before responding.</p>	 <p>This screenshot is similar to the previous one, but the 'RECORD RESPONSE' button at the bottom of the video player is highlighted with a red rectangular box.</p>

<p>5. Your browser may ask for permission to use your webcam and/or your microphone. Please allow both in order to record. You should only have to do this once unless you clear your cache on your browser.</p> <p>**Note: if you are uncomfortable on camera, ask your coach if it's okay to record audio only. You can record audio only by covering the webcam up with paper or your hand. If you have an external webcam, you can also move it to record the wall or another object. Just make sure you are in range of the microphone.</p>	
<p>6. After you press record response and allow your webcam/microphone, a record popup will appear. When you are ready, press the start recording button at the bottom.</p>	
<p>7. Your webcam will then be accessed, and it will show on the screen. Communication coach will start to record as soon as your webcam content appears on the screen.</p>	
<p>8. When you have finished your recording, press the orange stop recording button at the bottom.</p>	

<p>9. You will then be prompted to either exit to the lesson page or review your recording. Your video recording will be saved and submitted to coach either way.</p> <p>**If you want to review and/or re-record, press Review. You will be taken to a new page to review your video, watch the challenge again, and re-record if needed. You can view the original video challenge on the review page as well.</p>	
<p>10. When you are satisfied with your video, you can navigate back to the Dashboard by clicking on the logo in the upper left corner. Your video will be submitted to your coach automatically. You can delete old recordings by recording over the old one.</p>	