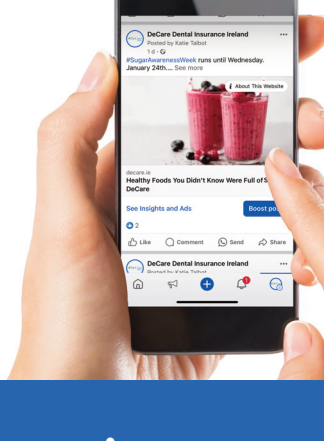


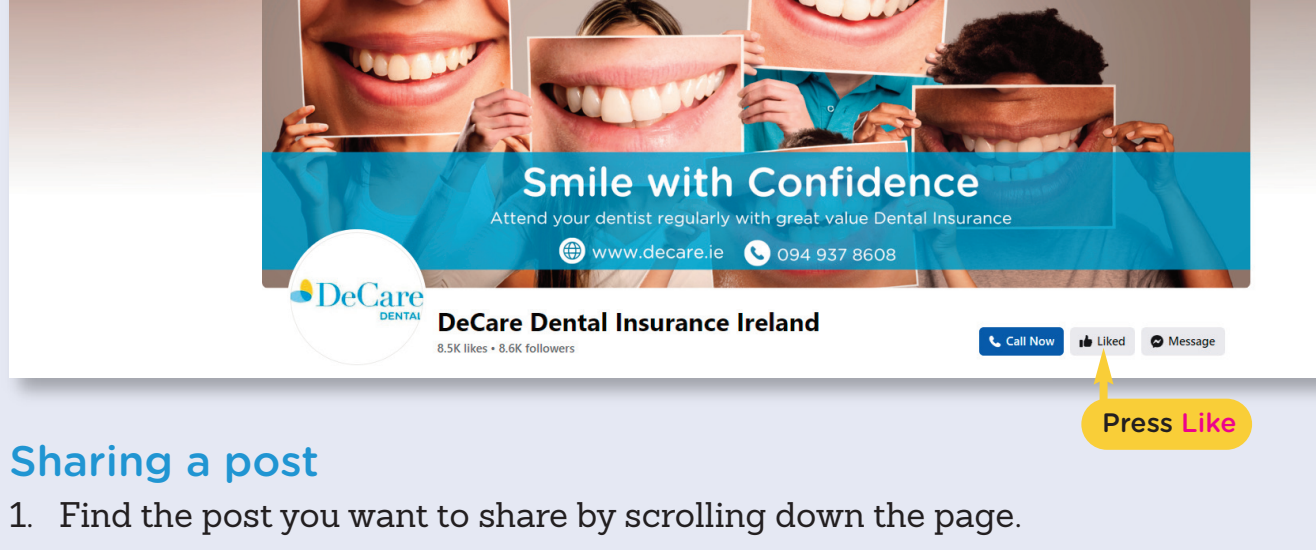
Social Media Tip Sheet



Facebook

1. Search for **DeCare Dental Insurance Ireland**
2. Hit **Like** under the cover image to like the DeCare Dental page

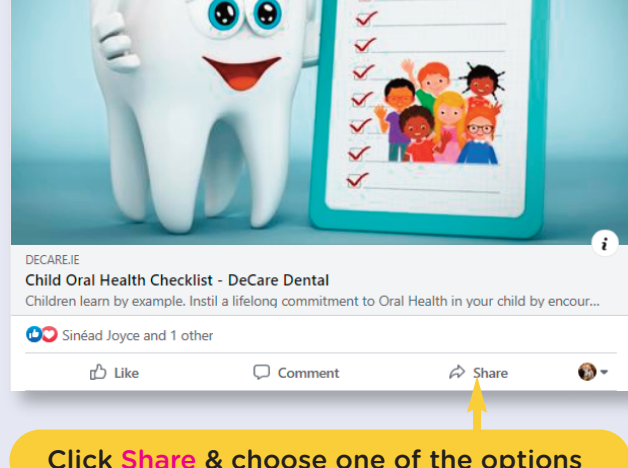
Search for DeCare Dental Insurance Ireland



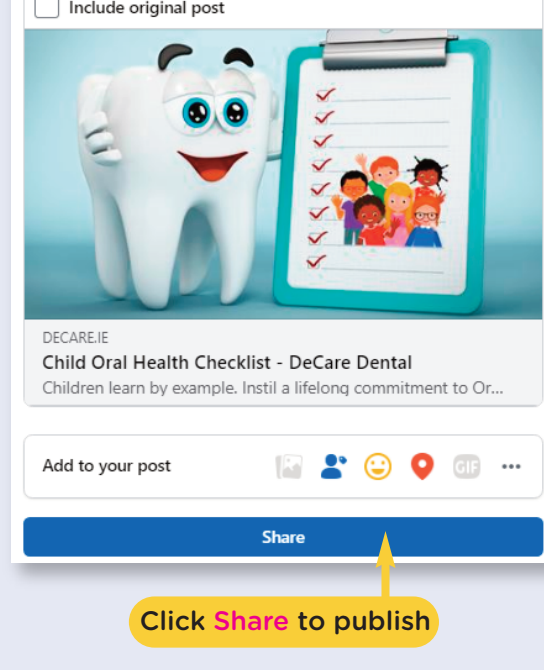
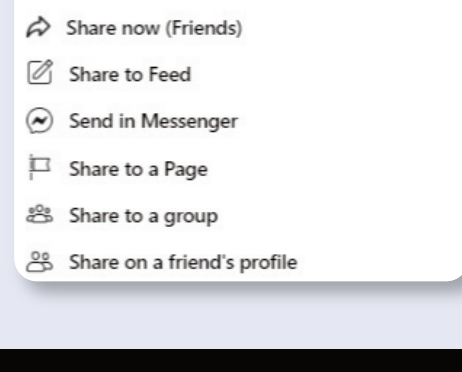
Press Like

Sharing a post

1. Find the post you want to share by scrolling down the page.
2. Click **Share** underneath the post and then click 'share to feed'.
3. There is an option to include your own text. (this can be left blank)
4. When finished click **Share** at the bottom and it will be published to your page.



Click Share & choose one of the options

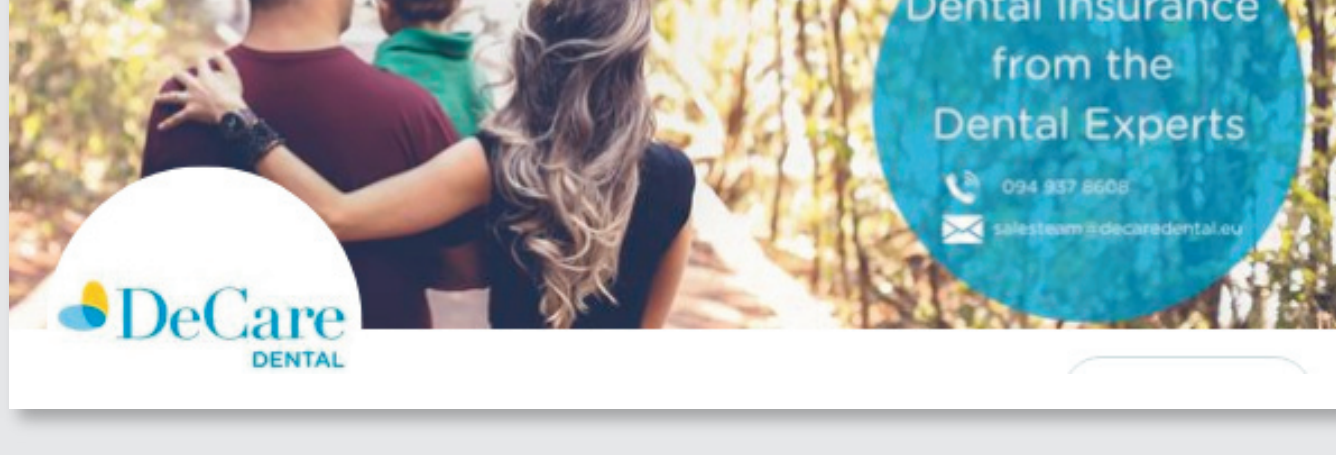


Write your own text here

Click Share to publish

X (formerly Twitter)

1. Follow DeCare Dental on X - **@DeCareDentalIE**
2. Hit **Follow** below the cover image to follow the DeCare Dental page



Click to Follow

Retweet

There is 3 options below a tweet:

1. **Reply** to tweet
2. **Retweet** the tweet
3. **Like** the Tweet



Reply to tweet

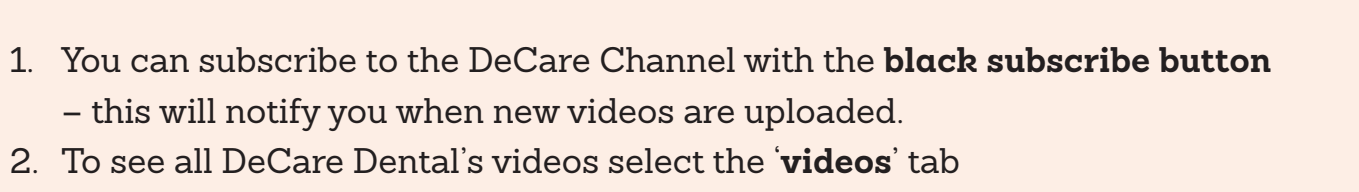
Like the tweet

YouTube

The oral health team at DeCare have produced oral health videos which are available for you to share on your social media channels or embed on your website.

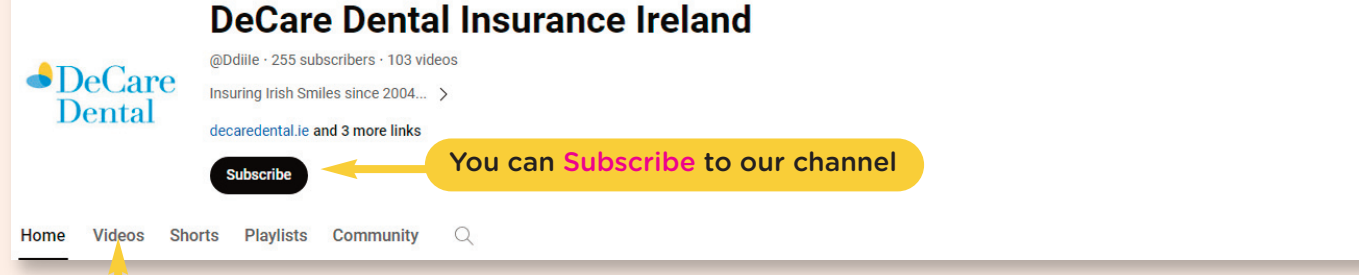
1. Go to the website **www.youtube.com**
2. Search for **DeCare Dental Insurance Ireland**

URL address - www.youtube.com



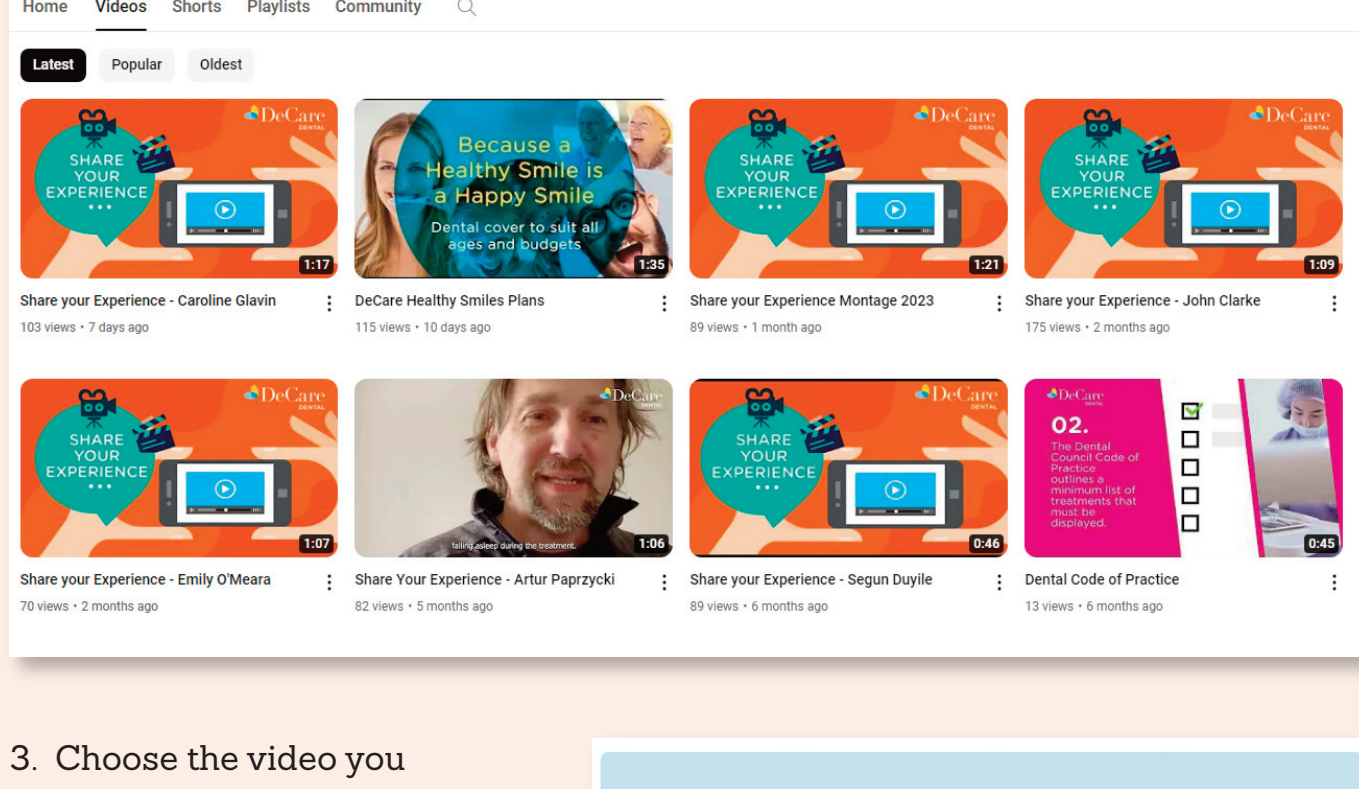
Search for DeCare Dental Insurance Ireland

1. You can subscribe to the DeCare Channel with the **black subscribe button** - this will notify you when new videos are uploaded.
2. To see all DeCare Dental's videos select the **'videos'** tab

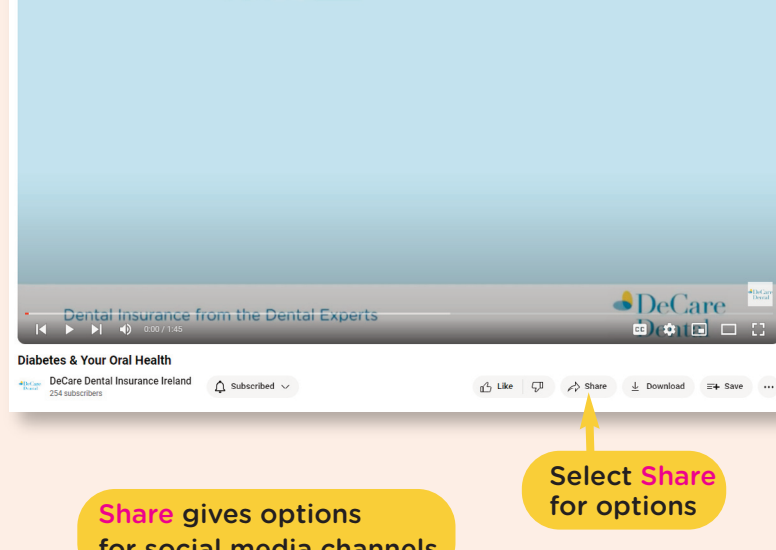


You can Subscribe to our channel

Select Videos tab to view videos



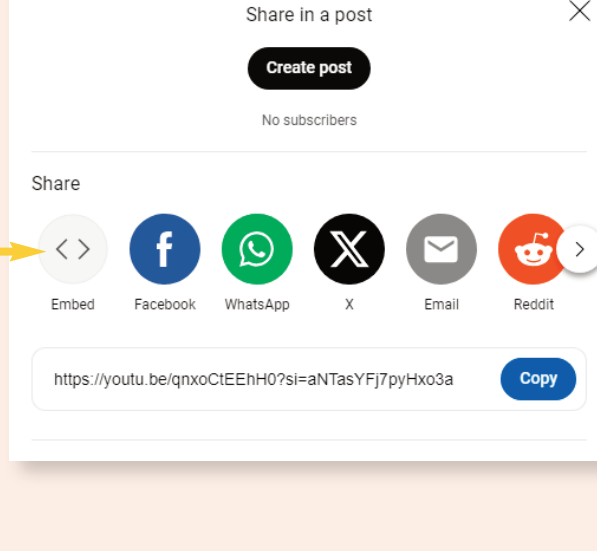
3. Choose the video you want to share
4. Select **Share** under the video
5. **Share** - A pop up will appear showing all social media buttons, allowing you to share to your social media pages.
6. **Embed** - In this pop up, you will see an embed button which gives you the option to embed the video on your website and a link to copy to post/send.



Share gives options for social media channels

Select Share for options

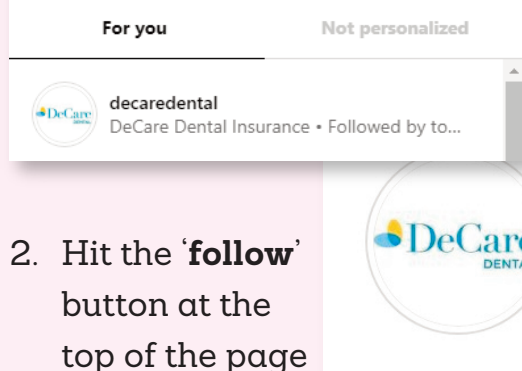
Embed gives the code to embed on website



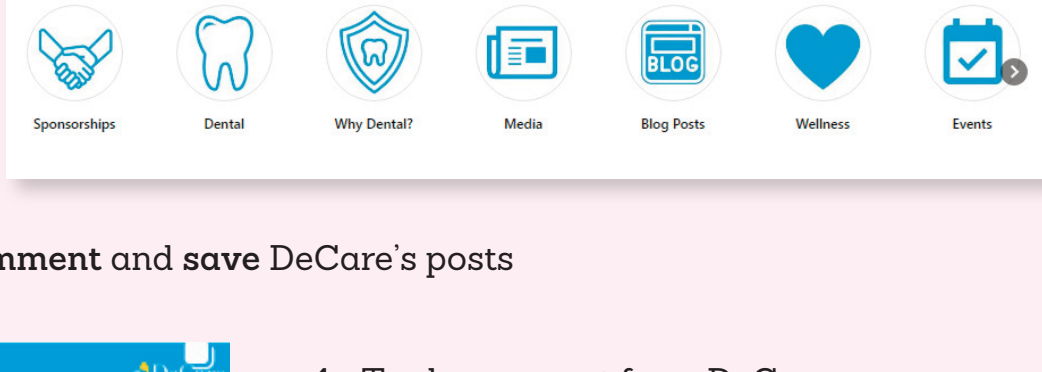
Instagram

1. Search '**decaredental**' in the Instagram search bar

Search for DeCare Dental

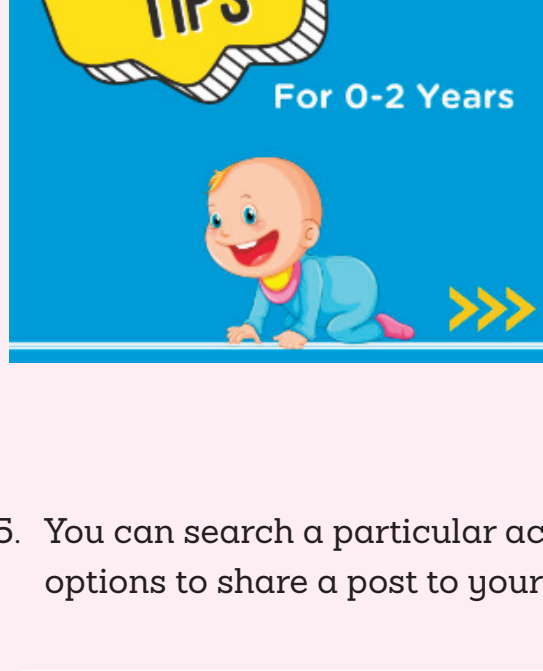


2. Hit the **'follow'** button at the top of the page

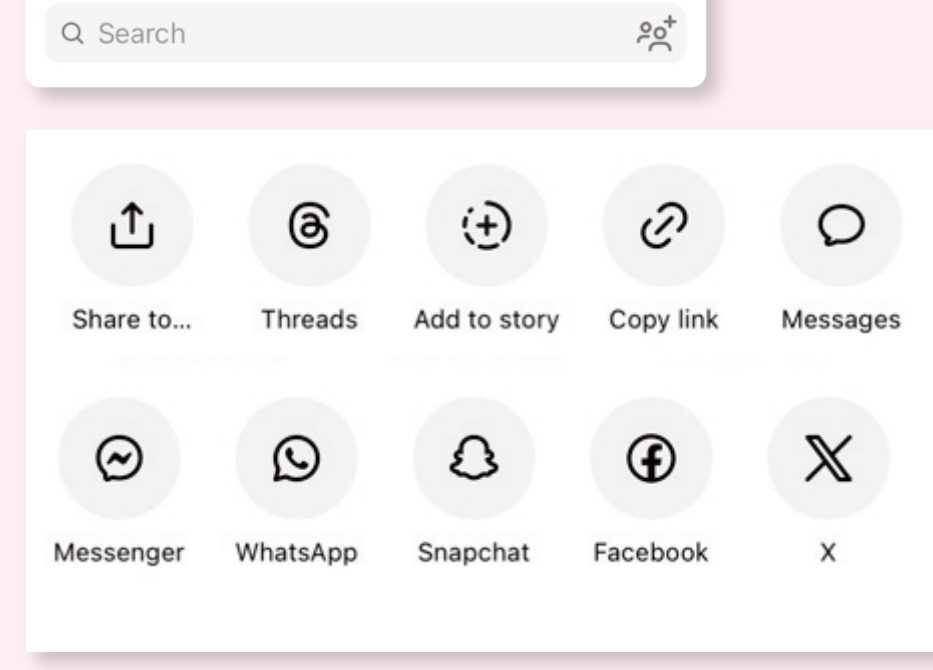


Follow button

3. You can like, comment and save DeCare's posts



4. To share a post from DeCare, hit the **share** button



DeCare Dental Insurance Ireland DAC trading as DeCare, DeCare Dental and DeCare Vision is regulated by the Central Bank of Ireland.

Dental Insurance from the Dental Experts

www.decare.ie