

# Quick Guide to Navigating the eBoneHealth Programme

## Menu / Notes

The **MENU** shows all the slides in the section. Additional slides are included in part 5 and this is shown by an icon indicating a drop down menu – you can select this with your mouse to view the content. Most slides include a narration and a text version is available to view in the **NOTES** tab.



## Volume / Pause

The left hand button is to adjust the volume either + or – use your mouse on the slide bar to adjust to your level of comfort. The right hand button enables you to pause the sound and presentation.

## Previous / Next

Use the **NEXT** button to move through the presentation slide by slide or you can recap on slides by using the **PREV** button.

## Resources / Exit

Click on the **RESOURCES** tab to access additional information - these are primarily web links.

Use the **EXIT** button to leave the programme