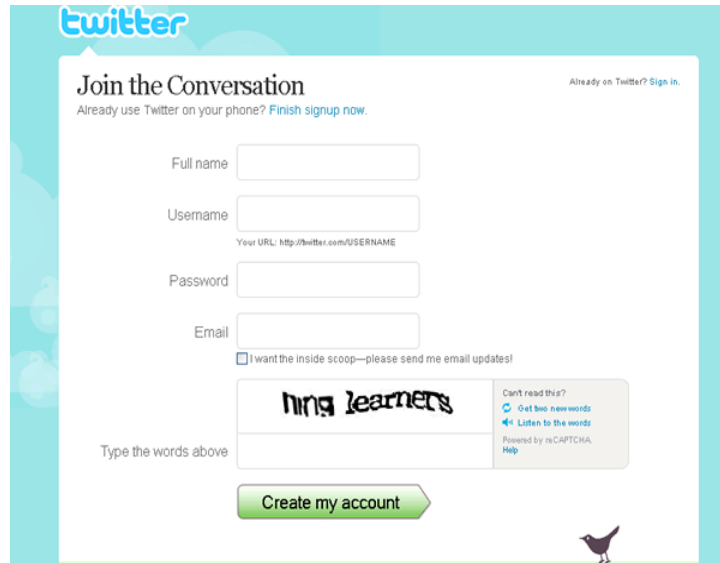




COOPERATIVE OF
AMERICAN PHYSICIANS

How to Start Your
Own Twitter Account
in a Few Easy Steps

Sign up for a free account at <http://twitter.com/signup>




The image shows a screenshot of the Twitter sign-up page. At the top left is the Twitter logo. The main heading is "Join the Conversation" with a link "Already on Twitter? Sign in." and a note "Already use Twitter on your phone? Finish signup now." Below this are input fields for "Full name", "Username", "Password", and "Email". Under the "Email" field is a checkbox for "I want the inside scoop—please send me email updates!". A CAPTCHA section shows the words "ning learners" in a stylized font, with a "Type the words above" prompt and a "Create my account" button. To the right of the CAPTCHA are links for "Can't read this?", "Get two new words", and "Listen to the words", along with a note "Powered by reCAPTCHA, Help". A small bird icon is at the bottom right of the form area.


- Enter your full name.
- Create a unique username (limited to 15 characters) and a password.
- Enter your e-mail address.
- Create your account.





Find your friends through your e-mail address book. Or skip this step.


See if your friends are on Twitter

 Gmail

 Yahoo

 AOL


 Hotmail

 MSN

Your Email

Email Password

Email Security
We don't store your login, your password is submitted securely, and we don't email without your permission.



[Continue](#)

[Skip this step](#)



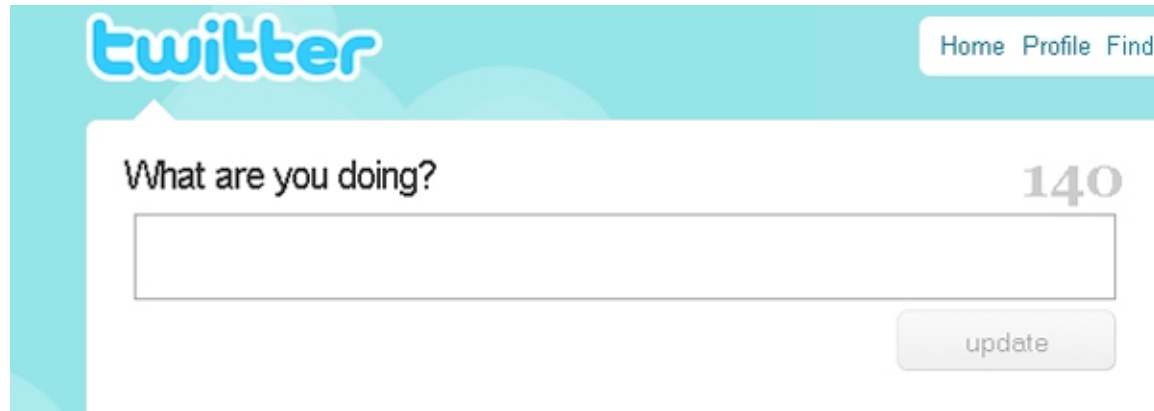
Avoid Twitter's Default Friends



- Twitter will add new random friends to your list by default if you click "Finish."
- Do not click "Finish." Instead, click "Skip this step" to complete the sign up process.



Write Your First “Tweet”



Navigate to the text box, and answer the question “What are you doing?”

When you’re ready to publish, click “Update.”



Follow CAP on Twitter!



- Visit us at <http://twitter.com/CAPhysicians>
- Click the “Follow” box.
- Now you have your first Twitter friend, and you can follow our updates.

