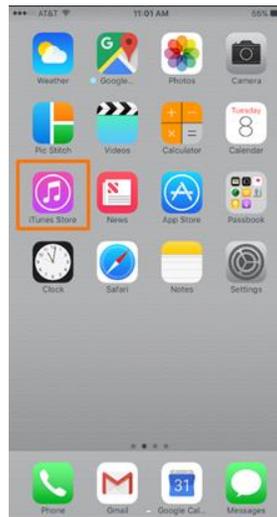


## How to Subscribe to a Podcast on your iPhone or iPad

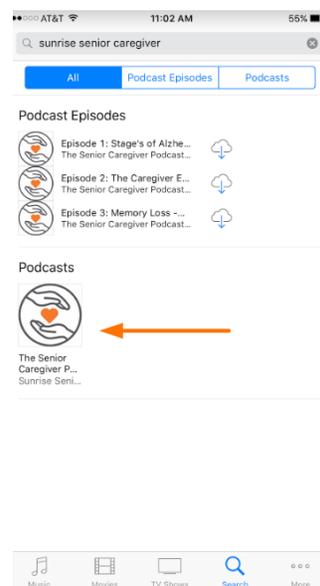
For first-time users, following is a how-to guide so you can listen to The Senior Caregiver podcast anywhere, anytime.

The easiest way to listen to podcasts is via the iTunes Store app (which comes pre-loaded on most smart phones and iPads). The Podcast app is the purple icon below:



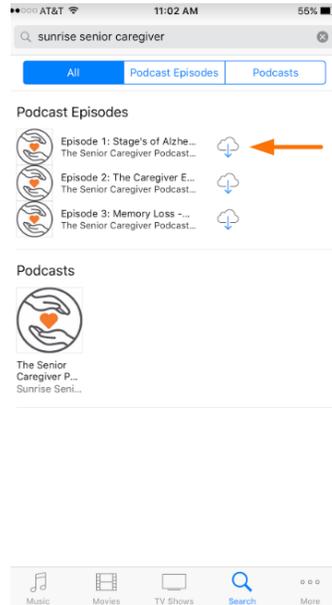
Once you find that, subscribe to **The Senior Caregiver podcast** by following these instructions:

1. Click the Podcasts app and then click the magnifying glass in the bottom right corner to search.
2. Type “Sunrise Senior Caregiver” in the search bar at the top.
3. From this screen, click the large The Senior Caregiver icon in the middle of the screen.



4. Once on the “Sunrise Caregiver” page, press the Subscribe button. This is free and will automatically download our new episodes to your iPhone or iPad.

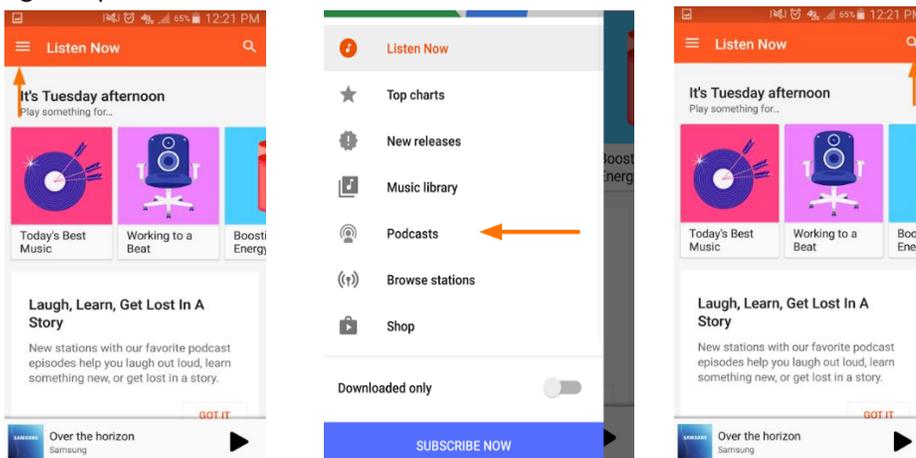
- The most recent episode will automatically download, but you can make sure you have them all by clicking the download icon (cloud with a down arrow) next to each episode. This is also free and will allow you to listen to all episodes right away.



- You can view and play all of the episodes by clicking the Unplayed icon in the bottom left of the screen, which displays any downloaded episode that you haven't listened to yet.
- Then click on the one that you want to listen to first and it will start playing.

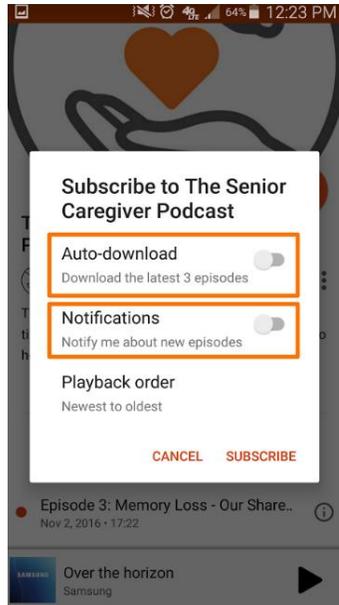
## How to Subscribe to a Podcast on your Android Device

- Launch the Google Play Music app from your home screen or from the app drawer.
- Tap the menu button (three horizontal lines) on the top left of the screen.
- Choose Podcasts.
- Choose the search button on the top right of your screen to search for the "Sunrise Senior Caregiver" podcast.



- Choose the Subscribe button.

6. Click the checkbox next to Auto-Download if you'd like to automatically download the latest three episodes.
7. Choose the checkbox next to Notifications so you can receive an alert every time there a new Senior Caregiver podcast is uploaded.



8. Choose Playback order to sort episodes from newest to oldest or oldest to newest.
9. Choose Subscribe.