

How to Use Dropbox and How to save CDs to the Dropbox

- For new patients, at the night of your appointment, Judy will give you a link to your Dropbox on Dr. Friedman's account that allows you view privileges allowing you to download files to your own computer and share them with family members or other providers. Existing patients can request from Judy (judy@goodhormonehealth.com) this link.
- Dropbox is secure and HIPAA compliant.
- Upon request, Judy (judy@goodhormonehealth.com) will provide you a Dropbox link with edit privileges allowing you to upload files. You can transfer MRI CDs to that file as follows:
- Do not upload files to your own Dropbox

How to duplicate CD on a Mac

1. Insert the source **CD** (the one you want to **copy**)
2. Open the Finder, open Applications, then Utilities, and start the Disk Utility program.
3. In Disk Utility, select File -> New -> Disk Image from Folder.
4. The Finder will appear – select whole **CD** and click on the Image button.
5. A new dialog box will appear. ...
6. Click Save to the Dropbox folder supplied by Judy.

To copy CDs to your PC's hard drive, follow these instructions:

1. Open Windows Media Player, insert the imaging **CD**, and click the Rip **CD** button.
2. Save the copied CD in the Dropbox folder supplied by Judy

Please email Judy (judy@goodhormonehealth.com) if you have any questions.